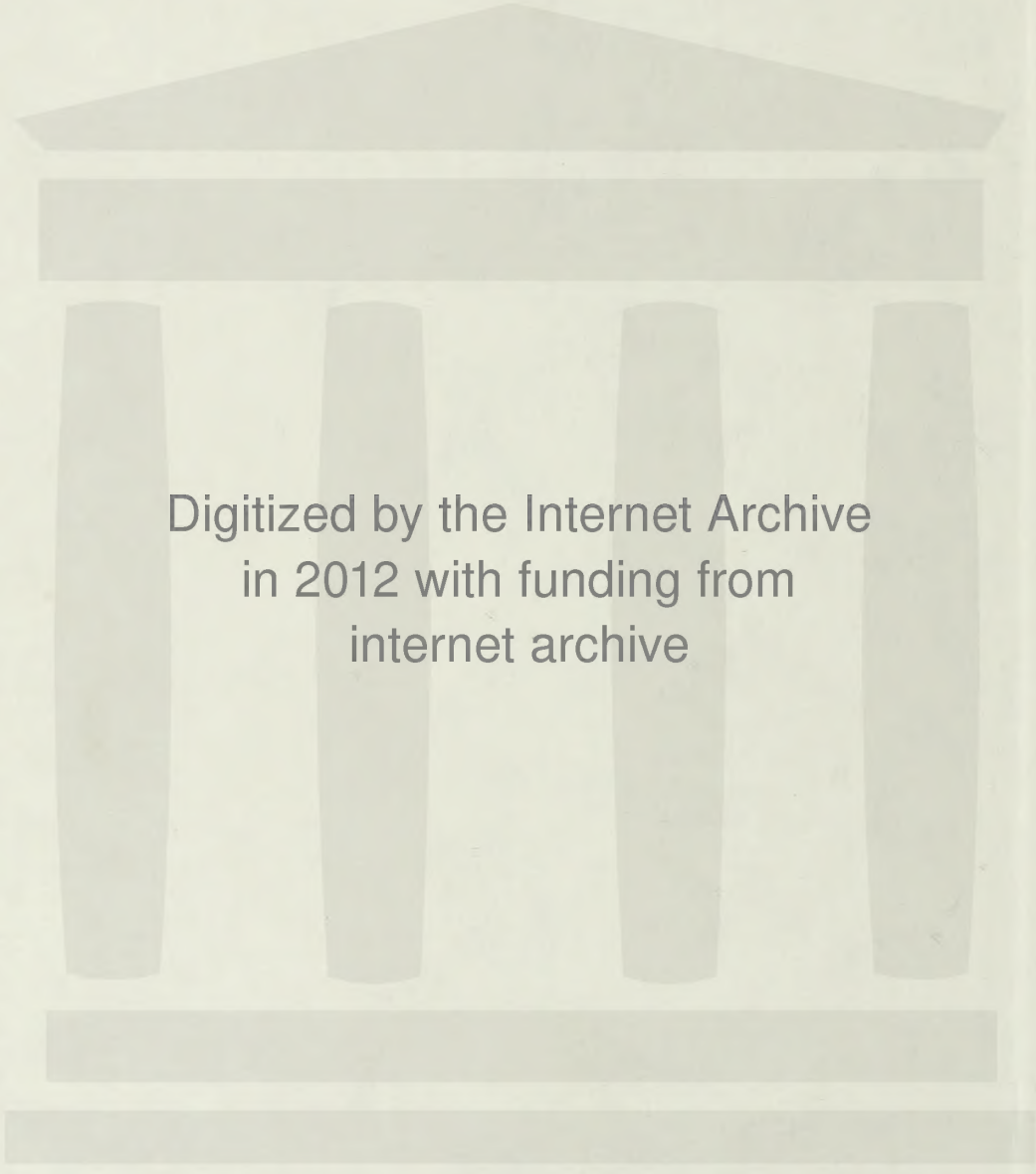

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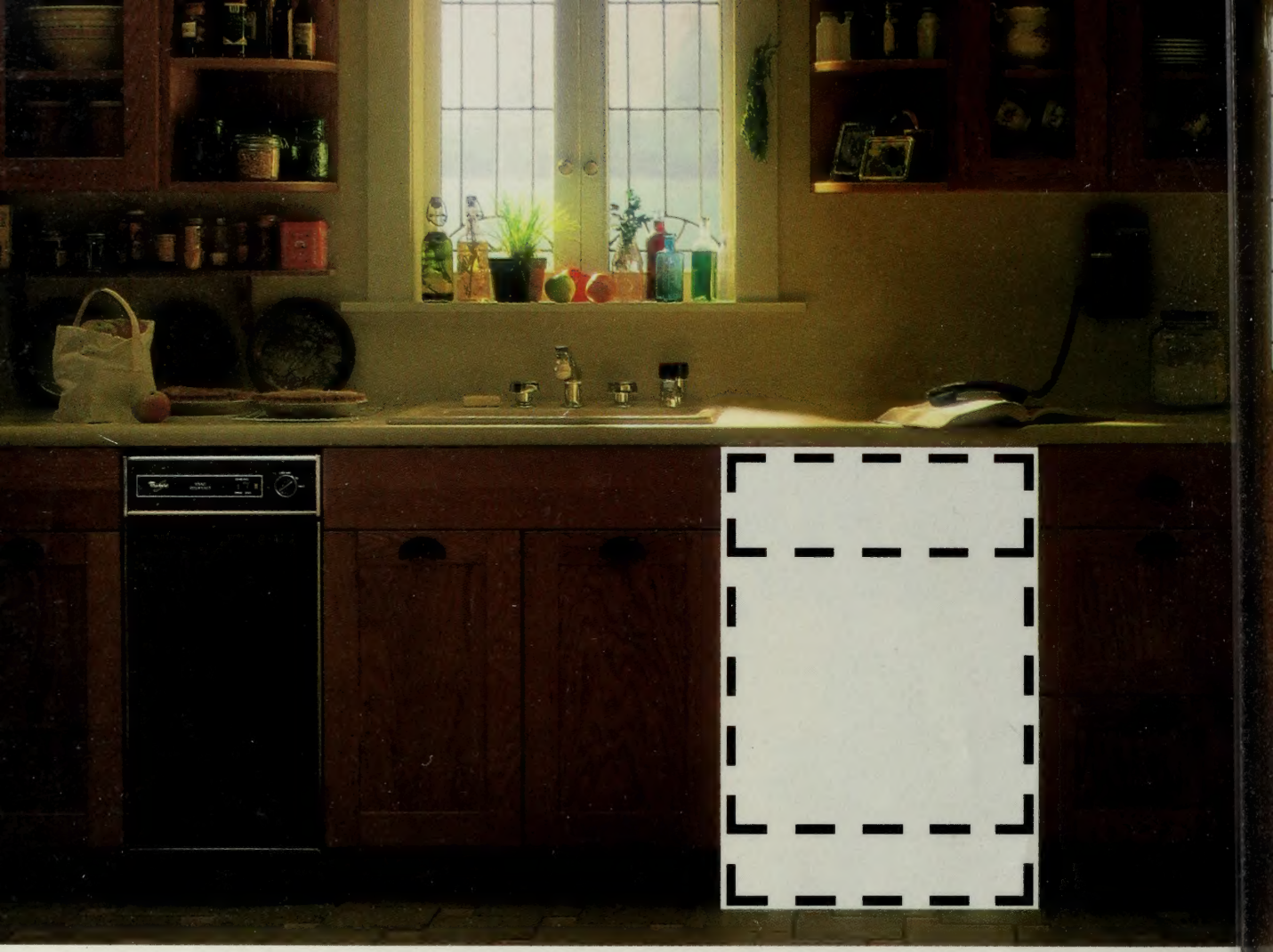
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JANUARY 1990; Vol. 68 No. 1

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®



Classic fabrics lend French Style to an old sofa, page 50

ON THE COVER

Fresh Start to a Fitter You
Develop healthful, enjoyable habits the easy way 17
Decorating: A '50s Ranch Redone for the '90s 32
Romance for Your Rooms
So fresh, so fast, sew easy 50
Save on Taxes *10 tips to help* 70
20 Light and Lean Dinners 79



Every Mighty Meal is low in fat and calories, and ready in 20 minutes, page 79

BETWEEN FRIENDS

Editor's Letter 8
Family Network® *Our readers write* 12
The Man Next Door® *Writes about family, friends, and neighbors* 120

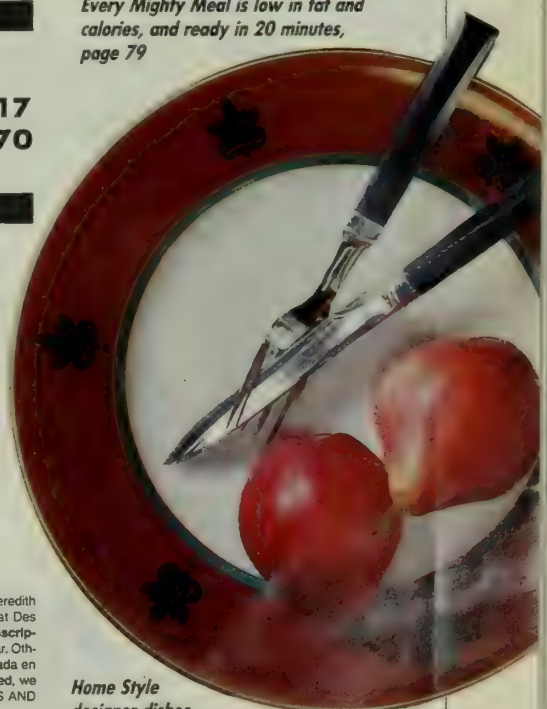
FAMILY MATTERS

Fresh Start to a Fitter You
A no-fail, step-by-step action plan 17
Income Taxes *10 ways to save now!* 70

FOR YOUR HOME

Redecorating a '50s Ranch, '90s Style *High style on a budget* 32
Home Style
What's new for the '90s 39
Slipcover Chic
Sew up two of today's hottest looks 50
Plaster Perfect
How to repair wall cracks 60

continued on page 6



Home Style designer dishes, page 39



Kick off the new year right. Our four-week program will have you looking better and feeling great. Learn simple, powerful ways to take control of your life. This spirit-lifting plan starts on page 17.

Cover
Photograph: Scott Little

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CONVENTIONAL: Prepare as above. Bake at 350°F. for 1¼ hr. or until done. In sauce step, omit additional 1 tsp. Worcestershire sauce.

M'm! M'm! Good!®

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CONTENTS

continued from page 4

BH&G® on TV
Tune in our tips on home improvement 60
Fire Fighters *Choosing the right product for your needs* 61
Perfect-for-Parties Kitchen
A grand new get-together space 62
Well-Rounded Windows *Innovative product opens up new design options* 69
Folk Art Chickens
Country hen pillows and tea cozy 107

ON THE ROAD

America's Great Art Festivals
Celebrations the whole family can enjoy 46

GREEN AND GROWING

Our Picks for 1990
The best new flowers and vegetables 74
Gardener's Almanac
Fight the drought with landscaping 110

GOOD FOOD

20 Mighty Meals
Quick-cooking, healthful family recipes ... 79
How to Use Nutrition Information .. 86
Win Money for Your Recipes 101
Prize Tested Recipes® 103
Light Main Dishes
Custards and Puddings



Polo Salmon Petunia: A star in the Test Garden, page 74

SHOPPING

Magazine Customer Service Information 10
Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* 112
Directory of Architects And Designers 112
Shopping Editor's Choice 113
How to Order *Special offers, project plans, and kits* 116

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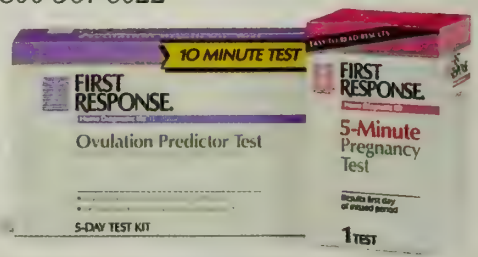
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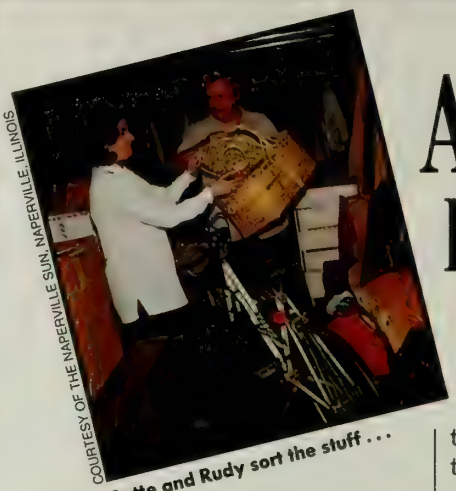
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Bette and Rudy sort the stuff . . .

A YARD SALE FOR LOVE AND MONEY

DEAR READERS,

Remember The Great American Yard Sale I told you about in our September issue? About 135 of our *Better Homes and Gardens*® real estate member firms all around the country held yard sales on September 16th to raise money for The Better Homes™ Foundation. The numbers are now in, along with the wonderful stories of what happened before and during the sale.

Probably the most ambitious yard sale organizers, and certainly the most successful, were Bette and Rudy Krueger of Krueger Realtors/*Better Homes and Gardens* in Naperville and Wheaton, Illinois.

The Kruegers arranged to hold their sale in a large field beside the Market Meadows shopping center in Naperville. A month before the sale, they moved two 65-foot semitrailers donated by a local company into the field and hung banners on the sides of the trailers asking for donations. To their amazement, they filled both trailers the first weekend. On the following weekends, they filled up three huge tents, as well.

Bette says that on the days of the sale the usual haggling and bargaining went right out the window when folks realized that the money from their purchases was going to help homeless families. Lots of people simply said, "Keep the change."

Bette says they sold 90 percent of the sale items, and gave the rest to local charities. And they made $19,000! All this from a couple who had never been to a garage sale before!

Jane Carideo of Marie Powell and Associates/*Better Homes and Gardens* in St. Petersburg, Florida, held sales in six counties in the Tampa Bay area. General Telephone of Florida provided the funds to rent storage space, tents, and other equipment for the sale. They sold food as well, much of it provided by the local McDonald's, Wendy's, Albertson's, Publix, and Cash-and-Carry supermarkets. This wonderful community effort brought in $10,000.

"EVELYN MARCATH DISCOVERED THAT SOMEONE HAD SOLD HER BRAND-NEW FALL RAINCOAT FOR $1!"

Schweitzer/*Better Homes and Gardens* in the Detroit area held sales in 13 locations across the city in a daylong downpour. Despite the rain, they raised more than $6,500. In all the confusion caused by the bad weather, manager of the Clinton Township office, Evelyn Marcath, discovered that someone had sold her brand-new fall raincoat for $1!

There were lots of other stories and lots of totals, big and small, from all over the country. We made $125,000 for the foundation, and $40,000 was retained in the communities for local homeless charities.

We're going to do it again next year, so watch for our announcement, and be sorting out your unwanted stuff. We'll have even more fun and help lots more homeless families.

David Jordan

David Jordan, Editor in Chief

A Norman Rockwell *Saturday Evening Post* Classic!



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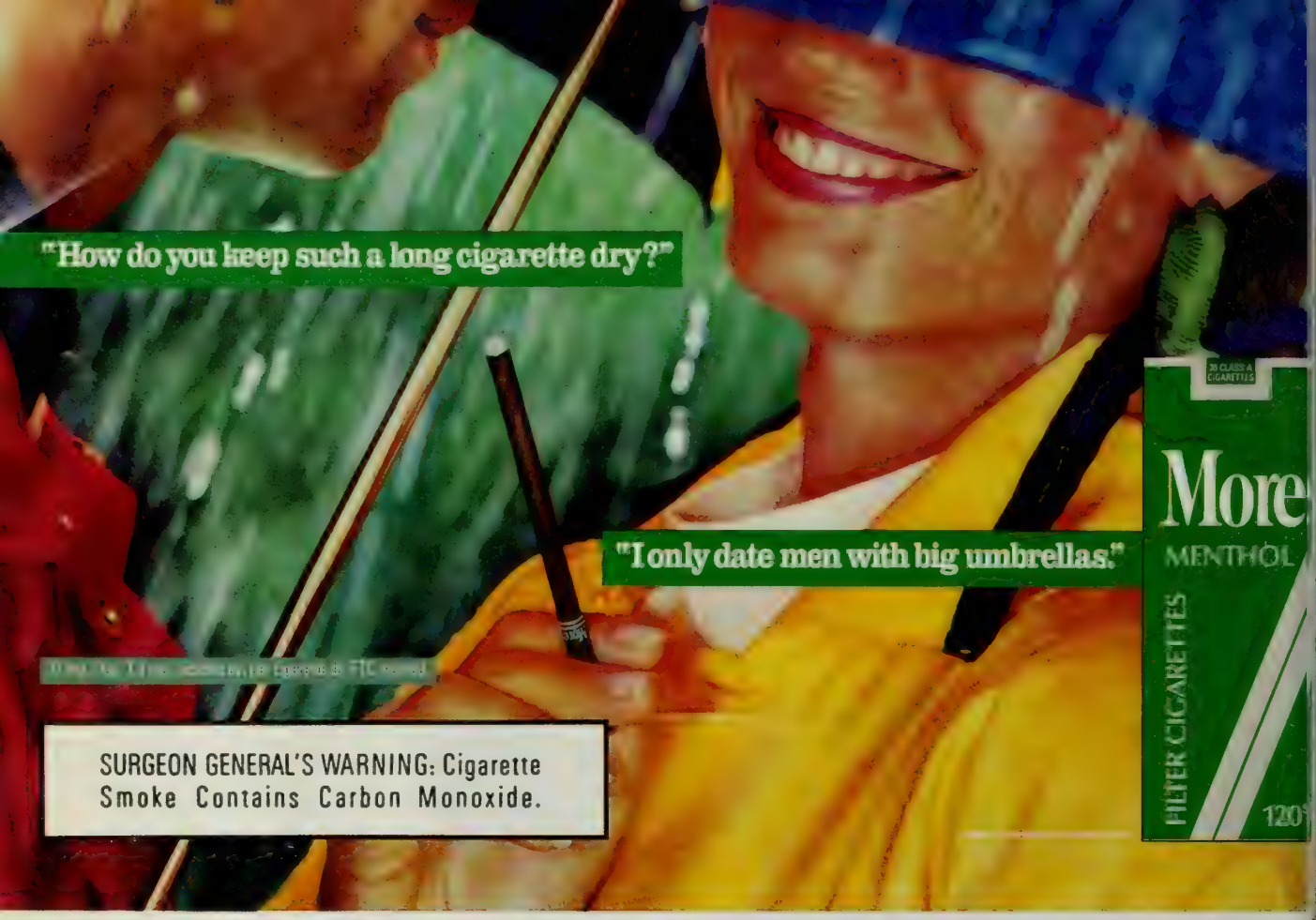
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FAMILY NETWORK™

READERS' COMMENTS AND SOLUTIONS TO COMMUNITY AND FAMILY PROBLEMS

RESOLUTE DIETERS

Every January, we again start our family diet and fitness program with the best of intentions. By February, it always seems to be forgotten. This year, to help us remember, we moved the bathroom scale to the kitchen, right next to the refrigerator. There's a chart for each of us on the refrigerator door for logging daily walks. It seems to be working for us.

Nancy Lahrson
Reno, Nev.

PILLOW TALK FOR TEENS

When our kids were younger, we gave them their own phone. As our daughter got into her teens, she and I had difficulty communicating. Sometimes I would just plant myself in her room until she finally *had* to talk to me. But then her phone would ring and that would be the end of that.

I finally realized the best way to contact her was on her own terms. I started calling her on the phone from my bedroom at night when she was at home and in bed, too. We could hear each other laugh from across the hall and through the telephone, and we had some of our very best conversations, room-to-room, by phone.

Virginia DuFrane
Madison, Wis.

NOW THAT'S NEIGHBORLY

We have found that the best way to solve neighbor disputes in our mobile home park is to have a weekly or monthly meeting for everyone to air their problems in open discussion. Everyone gets a chance to be heard.

Sadie Causey
High Point, N.C.

FAMILY ROOM

As our four boys were growing up, each at one time or another wished for someplace to entertain friends. One Christmas, we decided not to exchange gifts, but to pool our resources to finish a small room in the basement for this

purpose. We all took part in designing, furnishing, and completing the work. To this day, the same rules apply to its use by a family member: The entertainer reserves, prepares for, monitors, and cleans up after the entertainees leave. Peace and harmony prevail throughout our home.

Ruth Burkarth
Mars, Pa.

TEMPER, TEMPER

I have found a surefire way to end my 2-year-old's temper tantrums. I imitate everything he does, right down to the foot-stomping and screaming. He thinks it is so hilarious that he forgets all about his own complaint.

Theresa A. Morici
Baldwin, Md.

HOME RESEARCH CENTER

With five children in the house, we were always running to the library to research school reports and projects. We eliminated some of the hurried trips by setting up our own small research center at home. We scoured garage sales until we had a collection of essential materials—a good dictionary, a variety of foreign language dictionaries, a set of nature books, *National Geographics,* and a 10-year-old set of encyclopedias that is quite adequate. Grandparents contributed a world atlas and an almanac. The collection grew over the years. The result? Students who are adept at independent research, and a car that sits in the driveway at least one night a week.

Nancy Hough
Clinton, Conn.

SHARING IS CARING

My neighbor and I are both widowed. When we cook, we share each other's dishes. We also make a regular point to buy pastries or other things sold by the dozen and treat one another. Sharing is a neighborly thing to do.

Theresa Tousignant
New Bedford, Mass.

ICING A PROBLEM

I always keep a rigid foam plastic cup filled with water in the freezer. When ice is needed, I peel back the rim to make an insulated cold compress.

Nancy L. Losben
Cherry Hill, N.J.

BARK IS WORSE

Our neighbor's dog barks at every animal or person it sees day or night. We would appreciate help solving this.

Name withheld
by request

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.

Nothing outlasts Duration. Nothing!

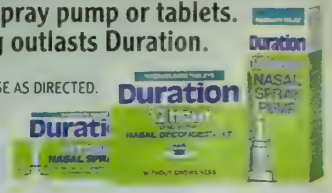
Fast relief that lasts hour after hour after hour after hour after hour after hour after hour after hour after hour after hour



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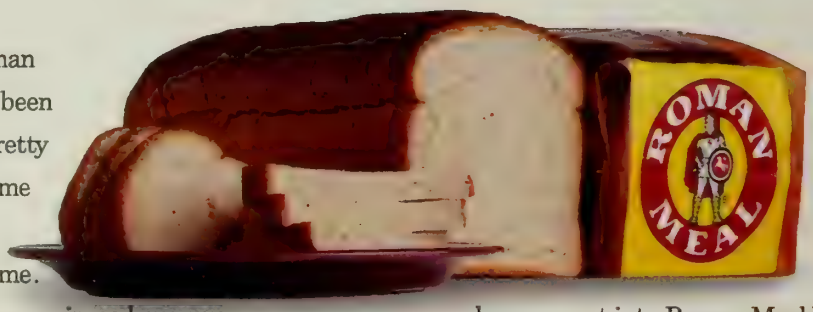
When your nose is stuffed up you want fast relief that lasts. Duration Nasal Spray goes to work immediately to give you up to 12 hours of relief with the longest lasting nasal decongestant, the one doctors recommend most. Also try metered spray pump or tablets. Nothing outlasts Duration.

USE AS DIRECTED.



DURATION NASAL SPRAY
With the longest lasting Nasal Decongestant.

When they change the way they make people, we'll change the way we make bread.



At Roman Meal, we've been operating pretty much the same way for a very long time.

But then again, so have you.

In 1910, Dr. Robert Jackson of Victoria, B.C. made the first mix of Roman Meal according to sound nutritional principles—not some passing fancy.

And as long as you still need good, sound nutrition, that's just what you'll get in Roman Meal bread.

That's why we've always been extra picky about the kind of wheat we use. It's called Northern Hard Red Spring Wheat, the most protein-rich wheat we've found. We figure that as long as you still need protein for muscle development, we'll keep using Northern Hard Red Spring Wheat in our bread.

We'll keep using wheat bran, too.

Roman Meal Is A Sponsor Of
THE AMERICAN MEDICAL ASSOCIATION'S
CAMPAIGN AGAINST CHOLESTEROL

Seventy-five years ago we knew that your body needed roughage for a healthy digestive system. Today it's called insoluble fiber. And you'll still find a good, healthy amount of it in the wheat bran we put into Roman Meal bread.

But that's not all. Nutritionists have identified another kind of fiber in the wheat bran we've always used. It's called soluble fiber, and it may help reduce your serum cholesterol. That makes us feel even better about the fiber we put in our bread.

We'll keep putting honey in there, too. It's what's given Roman Meal bread the great taste people have loved for years.

And after all this time, we still mill and blend Roman Meal ourselves to make sure each loaf of our bread tastes as good as the last.

Natural whole grain goodness.® It's been in our bread from the beginning.

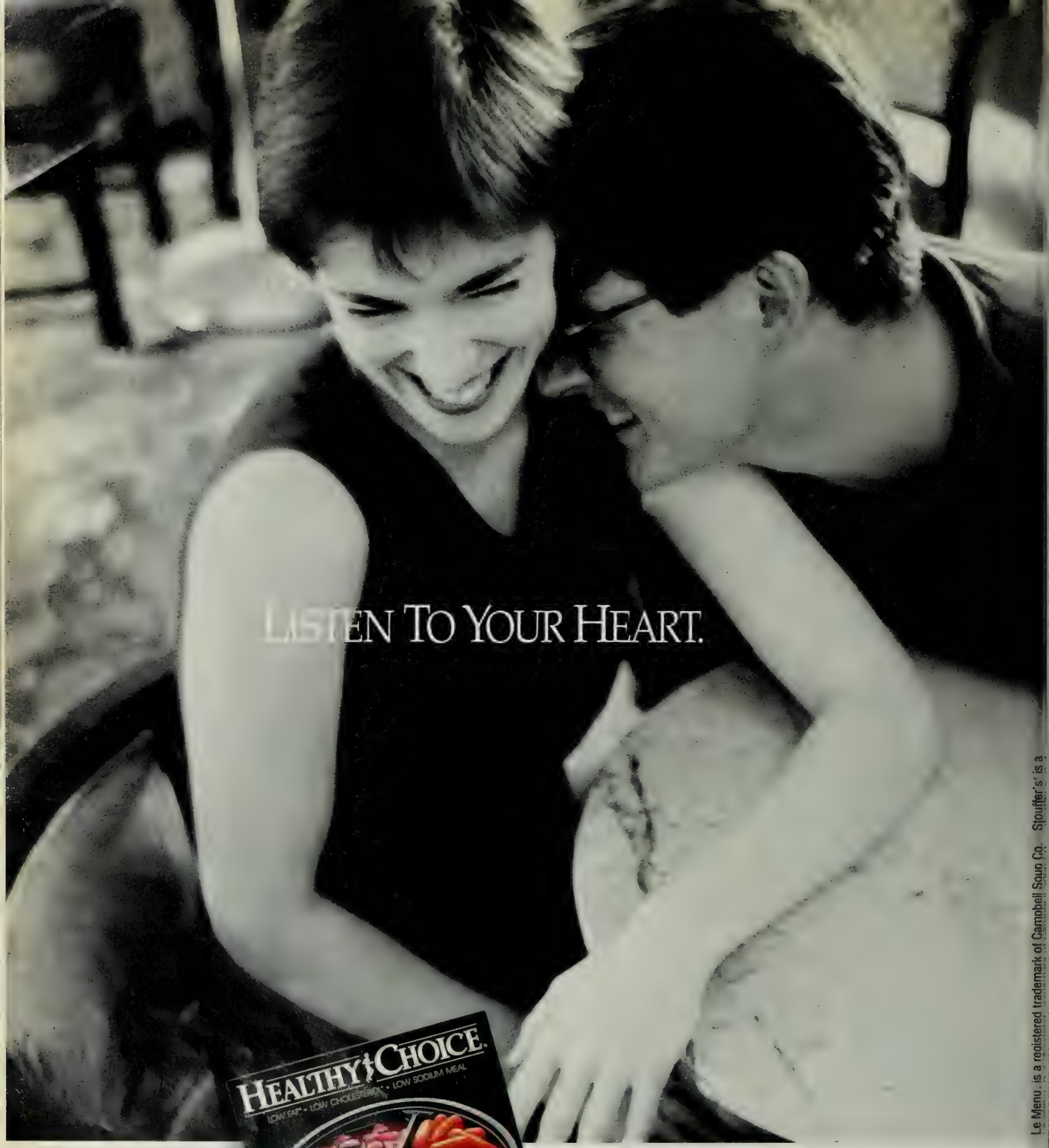
Now you may think we're a bit stuffy for doing things the same old way, year after year.

But the way we look at it, as long as you don't change, neither will we.

ROMAN MEAL®

It's What's Inside That Counts.™







Lean meats, light sauces, wholesome fruits and vegetables.
When you know what's good for your heart.

CHICKEN PARMIGIANA	CHOLESTEROL	SODIUM	FAT
Healthy Choice® Dinners	60 mg	310 mg	3g
Le Menu	80 mg	900 mg	19g
Stouffer's	95 mg	1120 mg	17g

MAKE A HEALTHY CHOICE

Le Menu is a registered trademark of Campbell Soup Co. Stouffer's is a

BY
PAUL KRANTZ

FRESH START

TO A FITTER YOU

Our new easy-does-it program will have you looking better and feeling great. In just four weeks you can start to develop healthful, enjoyable attitudes and habits that will last a lifetime.

Gaining a happier, more satisfying way of life is easier than you think. You *don't* need to drop 20 pounds or run marathons. You simply have to step out onto the right track and start walking. Good health will follow. Extra pounds will melt. And that hangdog feeling will run off with its tail between its legs.

Fresh Start leads you to habits that automatically create these benefits. Commit to staying on track for a month, and you'll likely stay in the race forever.

continued on page 18

20
GREAT-TASTING, HEART-PLEASING
family meals are only 20 minutes away. Use our recipes for hearty dinners and on-the-run lunches to fuel your personal Fresh Start program. Filled with flavor (but not fat and calories), each recipe takes just 20 minutes to prepare.

Recipes begin on page 79.

THE FRESH START PROGRAM AT A GLANCE

WEEK 1
Learn the easy way to plan menus, then take a savvy shopper's tour of the supermarket. Plus, worry-free dining out.

WEEK 2
Try our walking workout after you've figured your personal fitness prescription. We'll even help you find the time.

WEEK 3
Learn about six foods that can change your life. Also, red-, yellow-, and green-light foods and a special fat alert.

WEEK 4
Here's healthful cooking made easy. Find out how to add flavor without calories, and try some so-easy sauces and dips.

ABOVE: DEL ERICKSON. PHOTOGRAPHS, PAGES 18, 22: JIM KASCOUTAS. PHOTOGRAPH, PAGE 20: FOURBYFIVE/SUPERSTOCK

WEEK 1
ACTIVITIES

- ☐ Purchase or make a reminder calendar for scheduling Fresh Start activities.
- ☐ Plan your week's menus (restaurant meals, too).
- ☐ Enjoy two of the recipes starting on *page 79.*

WEEK 1

TAKING CONTROL

We are happiest and healthiest when we feel in control of our lives. Fresh Start teaches you how to regain the upper hand in two critical areas.

MAKING YOUR PROGRAM WORK

Fresh Start combines healthful, satisfying eating with moderate, enjoyable activity. To get the most from Fresh Start, follow these three steps:

- **Schedule** each suggested activity on your calendar.
- **Encourage** family and friends to join you.
- **Reward** yourself for each goal met: flowers, gold stars, a massage—anything but food. Reinforcing good behavior works much better than punishing your missteps.

continued on page 20

MENU PLANNING FOR ACTIVE FOLKS

Menus are your guided tours past lousy eating habits. Spend 20 minutes each week working out what you'll want at each meal, *including* meals out.

- **Start** with vegetables, whole grain foods (bread, noodles, pasta, rice), and fruit. Decide on these first!
- **Add** moderate amounts (three to four ounces before cooking) of protein food (lean meat, skim milk, fish, poultry).
- **Use** the recipes that begin on *page 79.*
- **Carry** your menu at *all* times.

DINING OUT WITHOUT WORRY

Restaurants are a fact of life, and a nice change of pace. Decide what you'll order early in the day (or during your regular menu-planning time). Best bets:

- Vegetable-only salads with low-calorie dressing
- Clear soups or broth
- Fish or poultry that's baked or broiled without sauces

Diners should also ask for:

- Sauces and dressings to be served "on the side"
- Foods to be cooked without added fat
- Smaller portions



SAVVY SHOPPER'S GUIDE TO THE SUPERMARKET

Our guided tour through the grocery store will alert you to the most healthful choices. If a food isn't listed here, use your judgment. We trust you!

PRODUCE
Go wild! With few exceptions, you can't go wrong with fruits and vegetables.
But go easy on:
- Avocados
- Coconut
- Nuts

CANNED GOODS
Be careful: many contain high levels of salt. Compare labels.
Best bets:
- No- and low-salt-added vegetables
- Juice- or water-packed fruits
- Water-packed fish

MEAT
Best bets:
- Lean beef (round, sirloin tip, flank)
- Lean pork (loin, low-fat ham, Canadian bacon)
- Veal
- Poultry
- Fish and shellfish

DAIRY
Best bets:
- Skim milk
- Low-fat cheeses (cottage, mozzarella, feta); other reduced-fat cheeses
- Margarine from liquid oil
- Nonfat yogurt
- Reduced-fat "sour cream"

BAKERY
Best bets:
- 100% Whole-grain breads and rolls
- Pita bread
- Bagels
- French/Italian bread

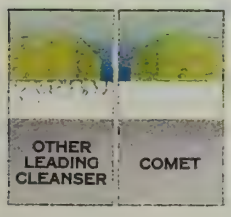
FROZEN FOODS
Best bets:
- Vegetables (no sauces)
- Fruits (plain)
- Ice milk or sherbet

SNACKS
Best bets:
- Pretzels (low-salt)
- Rice cakes
- Popcorn (plain)



LUCKY FOR HIM YOU USED COMET

Since lots of things fall into sinks and go right into mouths, it's always best to be careful. Sinks can have nasty stains buried deep down in teeny, tiny cracks. And other leading cleansers can leave 'em right there.



Comet won't. It has bleach-boosted Chlorinol to penetrate tough, greasy food stains better and get the dirt trapped below the surface. And since Comet doesn't scratch, you can even use it on fiberglass and stainless steel.

When you think of all that happens in your kitchen sink, you'll always feel better using Comet.



FOR THE DEEPER CLEAN

1989 Procter & Gamble Inc

WEEK 2

FITTING IN FITNESS

Moderate activity brightens your outlook, reduces stress, and slows the aging process.

WEEK 2 ACTIVITIES

- ☐ Continue to plan menus.
- ☐ Schedule daily walk time.
- ☐ Reward yourself for each day you walk.
- ☐ Enjoy two of the recipes that start on *page 79*.

CAUTION!

If you are over 35 or markedly overweight, talk to your doctor before starting any fitness program. And no matter what, stop exercising immediately if you:

- **feel faint or dizzy**
- **can't catch your breath**
- **experience pain.**

THE BEST MEDICINE

Fitness is the best preventive medicine for body and mind. Fresh Start concentrates on strengthening your heart and lungs. Flexibility and muscle toning will follow naturally. During Week 2, you'll learn about activities that promote this *cardiovascular fitness*, and you'll start on a gradual program that will last a lifetime.



FINDING THE TIME

Activity has to be a habit if you are to gain its benefits. Half an hour to 45 minutes a day, every day, isn't so much to ask. Skip the evening news or lay aside that best-seller a little sooner, and you've gained enough time to fit in fitness. Morning, noon, or night—it doesn't matter as long as you exercise at the same time every day. Think of your workout as *your* special time.

HEART RATE CHART

You'll quickly gain a feel for when your heart is getting a proper workout. This chart shows the suggested minimum exercise heart rate by age.

Age	Heart beats per minute
20	140
30	133
40	126
50	119
60	112
70	107

To find your pulse, stop exercising and place two fingers (not your thumb) on the wrist just below the ball of the thumb. Count for 10 seconds, then multiply the beats by six.

FIGURING YOUR FITNESS PRESCRIPTION

You'll benefit most from your fitness activities if you gradually build up to the simple, ***F-I-T*** prescription:

- **Frequency.** Exercise at least three times a week. If you prefer hard-driving workouts, alternate them with easier activities.
- **Intensity.** An effective workout gets your heart beating faster. (See the heart-rate chart.)
- **Time.** Twenty minutes of vigorous activity is the minimum for each workout; for less intense activities, like walking or easy cycling, figure on 45 minutes.

FUN-TO-FOLLOW WORKOUT PLAN

Walking is the ideal fitness activity for beginners. It's safe and effective, and you can talk while working out. In fact, if you get too breathless to talk, slow down!

Here's how to get started:

- Find a mile-long route. Indoors or out, pick one that's fairly level and that gets you back where you started.
- **Goal 1:** Walk your route daily—brisk one day, easy the next. Gradually work up to one mile in 15 minutes.
- **Goal 2:** Once you can comfortably walk one mile in 15 minutes, work up to two miles in 30 minutes.
- **Goal 3:** Your final goal is three miles in 45 minutes.

Figure on taking 12 weeks to reach goal three if you're starting from zero.

FITNESS ACTIVITIES: A BAKER'S DOZEN

Once you've reached goal 3, consider substituting one or more of these activities on your fitness schedule. Shoot for 20 minutes of *nonstop* movement plus five-minute warm-ups and cool-downs before and after.

Jogging ● Dancing ● Rowing ● Heavy yard work (digging, weeding) ● Vigorous cycling ● Active sports (handball, swimming, cross-country skiing, basketball) ● Chopping wood ● Shoveling snow ● Martial arts ● Rock climbing ● Jumping rope ● Shadow boxing ● Trampoline work.

continued on page 22

troducing

The Freshest Tomato Taste



Twice the crushed tomatoes, less heavy paste...
for our freshest tomato taste!

Try new Ragu Fresh Italian Pasta Sauces:
Tomato & Herbs, Sliced Mushrooms, Parmesan and Hot & Spicy.

WEEK 3

ADDING VARIETY

New foods make healthful eating a real treat for your tastebuds. You won't miss your bad old favorites when you meet new friends.

WEEK 3 ACTIVITIES

- ☐ Continue to plan menus.
- ☐ Continue walking plan.
- ☐ Enjoy two foods from each of the six food families described on this page.
- ☐ Keep healthful snacks near your munching zones.
- ☐ Enjoy two of the recipes that start on page 79.

RED-, YELLOW-, GREEN-LIGHT FOODS

No food is forbidden on the Fresh Start program. But limit red-light foods to one a month; yellow-light, one a week; green-light, no limits.

RED-LIGHT

- High-fat meats (bacon, sausage, organ meats, processed meats like bologna)
- Rich desserts (high-fat ice cream, cheesecake, brownies, pastries)
- Deep-fried foods
- Avocados, coconut, nuts

YELLOW-LIGHT

- Salty foods (olives, pickles)
- Medium-fat meats (beef sirloin, rib eye, chuck; pork (except loin); lamb [except loin])
- High-fat cheeses (cheddar, colby, etc.)
- Medium-fat desserts (ice cream, cookies, cake, candy)

GREEN-LIGHT

- Fruits and vegetables
- All whole-grain foods (pasta, rice, breads)
- Lean meat, fish, poultry

FILL UP, NOT OUT

This week, you'll learn how to fill up without filling out. Foods rich in complex carbohydrates (vegetables, fruits, and grains) supply plenty of vitamins, minerals, and energy—but very little fat. The same goes for fish and nonfat dairy products. The six food groups shown here are star members of an elite roster. Your goal this week is to enjoy two different foods from each group.

As you enter Week 3 of the plan, don't forget to stick to your walking schedule (Week 2) and to continue to plan your menus once a week.

FOODS THAT WILL CHANGE YOUR LIFE



OATMEAL
Soluble fiber—the kind shown to reduce cholesterol—is oatmeal's claim to fame. Other good sources of soluble fiber include apples, peas, dried beans, prunes, and lentils.

BEANS
Beans serve up protein without fat or cholesterol. Make them as spicy as four-alarm chili or as savory as the Boston baked kind.

FISH
Most fish are low-fat protein sources. Fish—notably salmon, mackerel, tuna, herring, and sardines—also contain omega-3 oils, which cut heart-attack risk.

BROCCOLI
Broccoli and its relatives seem to have anticancer properties, and are nutrient-rich. Other family members include: cauliflower, cabbage, turnips, and brussels sprouts.

WHOLE WHEAT BREAD
Choose 100 percent whole wheat bread and other whole grain products to get the digestion-aiding fiber ground out of "white" flours.

NONFAT YOGURT
All nonfat milk products are good sources of bone-strengthening calcium (as are dark green vegetables and dried beans); yogurt is especially easy to digest.

FAT ALERT!

Excess dietary fat is the numb one health hazard in the U.S. (easy on butter or margarine ar on high-fat sauces (gravy an salad dressing, for example).

SMART SNACKING

Treats are a part of healthful eating, too, so don't deprive yourself. Just use some common sense. Always keep some safe goodies out on tables and counters so you'll be tempted to snack wisely. Some suggestions:

- Fresh fruit
- Rice cakes and jam
- Whole wheat crackers
- Small packages of raisins
- Cherry tomatoes

WHAT ABOUT THOSE UNLISTED NUMBERS?

Have we failed to mention your favorite food? Don't worry: you can enjoy any food while living the Fresh Start way. But:

- Limit the foods you feel guilty about (you know which ones!) to once a week or less.
- Wait five or 10 minutes to see if temptation passes.
- Don't keep your problem foods around the house.

continued on page 24

New 97% fat free, no cholesterol Hostess® Lights.



Let them eat cake.

Everyone these days is trying to eat light. So Hostess® says let them eat cake. With new Hostess® Lights.

Lights are light in fat…97% fat free, contain no animal fats or tropical oils and no cholesterol. And they come in a variety of delightfully indulgent flavors.

So new Hostess® Lights make eating light, a piece of cake.



Raspberry | Vanilla Pudding | Chocolate



MANUFACTURER'S COUPON
EXPIRATION DATE: 6/30/90

35¢

Save 35¢

on 1 Family Pack of New Hostess® Lights Cakes

CONSUMER: Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax.

DEALER OR AUTHORIZED CLEARINGHOUSE: You will be reimbursed for 35¢ (face value) plus 8¢ handling if received on sale of product indicated. Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to: Continental Baking Company, P.O. Box 12001, Mascoutah, IL 62224. Failure to comply with these terms; the submission by an unauthorized party; or submission of void coupons may, at Continental Baking Company's option, void all coupons submitted for redemption. Good only in U.S.A., A.P.O.'s and F.P.O.'s. Cash redemption value 1/20¢. © 1990, Continental Baking Company

Hostess®

35¢

M136

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WEEK 4

COOKING SMART

Good news! Healthful cooking methods are often faster and easier than the way you cook now—and they keep fresh flavors at their peak.

WEEK 4 ACTIVITIES

- ☐ Continue menu planning.
- ☐ Continue walking plan.
- ☐ Switch to healthful cooking methods for most meals, including restaurant fare.
- ☐ Substitute flavor enhancers for high-calorie add-ons.
- ☐ Enjoy two of the recipes starting on page 79.

ADDING FLAVOR WITHOUT CALORIES

Enhance the natural flavor of foods the no-cal or low-cal way:

- **Herbs and spices:** Replace salt by boldly seasoning with herbs and spices.
- **Vinegar:** Punch up sauces, dips, and dressings with vinegar; counterbalance with a pinch of sugar (15 calories per teaspoon). Try a variety of vinegars—wine or herb.
- **Soy sauce:** Search for the reduced-sodium varieties.
- **Bouillon granules:** In saucy mixtures boost the flavor with a pinch of chicken or beef instant bouillon granules.

THE SPICE OF LIFE

Add variety to your meals with the healthful cooking methods described on this page. You'll find that food cooked without lots of added fat is both delicious and easy to prepare. These methods also retain the natural flavors of foods, spices, and herbs. Your goal this week is to try at least four of the techniques described here. Use recipes that call for these methods or adapt your old favorites. Continue trying the recipes that start on *page 79.*

PREPARATION TIPS FROM THE BH&G® TEST KITCHEN

Choose the right cooking method and retain all the flavor, color, texture, and nutrition of your good food. Here's the lowdown on the best techniques:



SAUTEING

Pass up the oil and instead sauté-simmer vegetables in a small amount of broth.



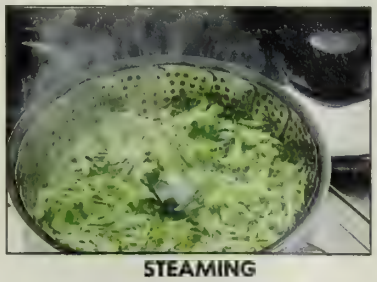
BROILING

When broiling meats, poultry and fish, coat racks with nonstick spray to prevent sticking.



STIR-FRYING

Start by using a nonstick spray on the wok. After cooking the first batch, add a dab of oil.



STEAMING

For retaining the color, flavor and nutrients of garden-fresh vegetables, this method rates a 10.



ROASTING

Nothing's easier than oven-roasting chicken or meat. Place the food on a rack so fat can drip away.



POACHING

Besides eggs, you can poach fish and chicken in water, broth, or tomato juice. It's fat free.

QUICK AND EASY DIPS AND SAUCES

Cook meats and vegetables without added fat, then make them sing by serving them with low-calorie, low-fat accompaniments. For simple recipes to get you started, see *page 96.*

GOOD LUCK!

You can ease into the Fresh Start program in four weeks, but stick with it and the benefits will last a lifetime. The more you practice eating well and being active, the more automatic these habits become. Continue to follow the principles and techniques covered here and likely you'll feel better and look great.

Three things doctors recommend most for the common cold.







Rest, drink plenty of fluids and take Dimetapp.®

Dimetapp is the most doctor recommended brand of cold medicine you can buy. It comes in several convenient forms, including Tablets and Extentabs® that give relief for four or twelve hours. There's also Dimetapp PLUS Caplets, which have a non-aspirin pain reliever for the aches, pains and fever of the worst colds.

But no matter which form of Dimetapp you take, you can be sure it's just what the doctor ordered.



Dimetapp.® The best advice you can take.

Use as directed.

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ULTRA LOW TAR 100's
LOW SMOKE
VIRGINIA SLIMS STYLE

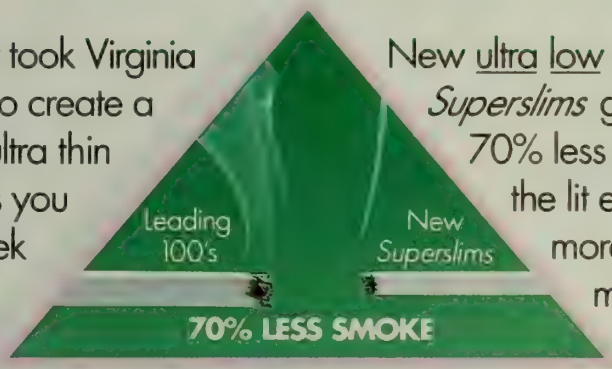
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NEW FROM VIRGINIA SLIMS

Superslims

THE FIRST LOW SMOKE CIGARETTE FOR WOMEN

It took Virginia Slims to create a great tasting ultra thin cigarette that gives you more than a sleek shape.



New ultra low tar *Superslims* gives you 70% less smoke from the lit end. Less smoke, more elegance, more style.

Superslims is a new ultra thin cigarette specially made to give off 70% less smoke from the lit end than leading 100mm cigarettes and 60% less than the other ultra thin, Capri, as tested under laboratory conditions.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

6 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method.



Lynn Kaatz's "Caught in the Act—The Golden Retriever"

Actual diameter: 8½ inches

©1989 Knowles®

A charming portrait of a classic breed... a Bradford Exchange recommendation



Moments ago the grass flew in every direction as a furry golden flash grappled with a strange new toy. But now, his master has surprised this playful pup. "Caught in the Act—the Golden Retriever," a limited-edition collector's plate presenting both the beauty and charm of a classic dog, is available now—and it looks like a smart buy. Here's why Bradford recommends it:

"Caught in the Act" is an important issue from the *Field Puppies* collection, officially sponsored by the United Kennel Club.

It's an important work of art by award-winning artist Lynn Kaatz, in his first series for the collector's plate medium. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Caught in the Act" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange...picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $280.00* – more than 1,000% of its $21.50 issue price. More recently, if you had acquired "The Cardinal," one of the first wildlife plates from Knowles China, you would now own a plate valued at more than triple its 1985 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever-changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Caught in the Act" as one of the year's top prospects...and we'll back up your purchase with our 365-day money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

To acquire "Caught in the Act" at its $24.90 issue price—backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Caught in the Act" is now—*before* it has a chance to increase in value.

*As reported in the Bradford Exchange *Current Quotations*, Vol. 17-2.

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CAG-357

A BRADFORD EXCHANGE APPROVED RECOMMENDATION

Please respond by: January 31, 1990

"Caught in the Act"

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

lease enter my order for "Caught in the Act—the Golden etriever." I understand I need send no money now. I ill be billed the $24.90 issue price, plus $2.79 postage nd handling, with shipment.

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(Circle One) Name (Please Print) Telephone

Address

City State Zip

2562-E81238

REDECORATING

A '50s RANCH, '90s STYLE

BY DENISE L. CARINGER
AND ROBERT E. DITTMER





Drowning in brown, this place could barely see the light.

Once running on empty, this room is cruisin' at top speed again. The fuel? White paint and fresh furnishings. Tune up your dated decor with these tactics:

- **Refuel with high-test white paint.**
- **Restore the interior with new miniblinds and oak flooring.**
- **Get more mileage per square foot with a fresh furniture arrangement.**

Ready to roll for the '90s, thanks to fresh paint, blinds, and flooring, this room gets comfort from cushy chairs and spice from southwestern accents.

Buying information, page 112.

continued on page 34

A '50s RANCH, '90s STYLE

When Harry Wilk wanted to trade his sluggish decor for a sleeker "model," he asked us for help. Willing to start from scratch, Harry had no idea how to begin. Our advice? First, unify the background with white paint and ultra-slim "micro-mini" blinds. Next, install slick-but-warm oak floorboards, saving money with the do-it-yourself kind. Third, cozy up to the fireplace with leather-and-vinyl upholstery. An auto lover, Harry says, "This is great! With those chairs, the room smells like a new car."





Weighed down by dingy carpet, dark beams, lackluster furnishings, and window-hiding draperies (in the corner), this room was ready for a decorative lift.



Moved from the dark dining L into the light, the old trestle table gets an updated look with country-chic chairs.

Buying information, page 112.

continued on page 36



Special options—rich rugs, a desert-inspired table, and colorful accents (some with a low "sticker price")—make a good room great.

A '50s RANCH, '90s STYLE

"BEFORE" PHOTOGRAPHS: GEORGE CEOLLA. "AFTER" PHOTOGRAPHS: SCOTT LITTLE. DESIGN: ROBERT E. DITTMER AND DENISE L. CARINGER

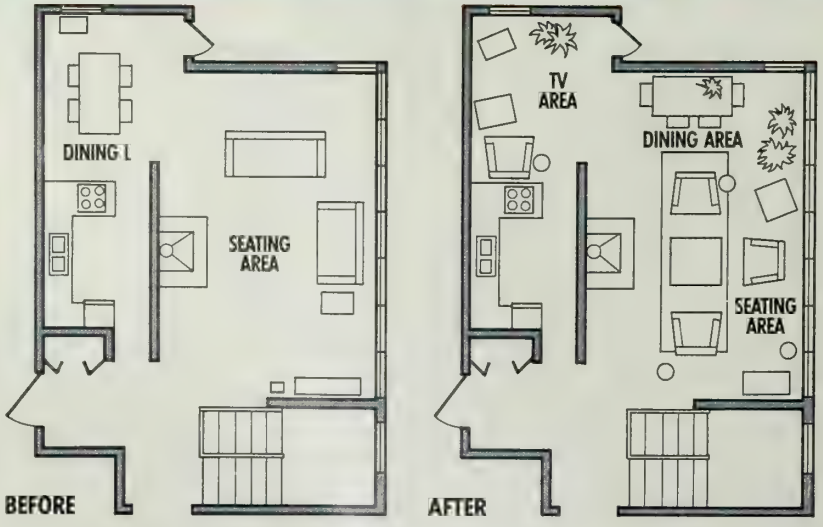




The dining L seemed dark and cramped.

The L makes a snug after-hours parking spot. Maneuverable, the chairs, TV, and ottomans "drive" around as needed.

Buying information, page 112.



To get better mileage per square foot, use old spaces in more efficient ways. Harry wanted a brighter dining spot and, if possible, a den, too. Solution? First, give the dining pieces a sunny outlook by the living room windows. Then, turn the dining L into a rest area for downshifting after a day in the fast lane. BH&G

If you think there's nothing new in furniture, you'd better sit down.

Now there's Lasting Images — a unique collection of designer furniture featuring revolutionary FuturStyle™ Seating Support Systems from Du Pont.

FuturStyle™ is a remarkable concept that makes springs, coils — all the heavy, traditional parts of upholstered furniture — obsolete. The result is everything you've ever wanted in quality and durability. Sofas, chairs, loveseats and modular pieces made with FuturStyle™ are extremely comfortable. And research has shown that it's up to six times more durable than typical spring constructions.

In addition, each piece in the Lasting Images collection features plush, wear-resistant fabric made with Du Pont Dacron® polyester and comfortable, resilient cushions made of Du Pont Dacron® Hollofil® polyester.

You can buy Lasting Images in the configuration that meets your needs. All four pieces as shown, $2299 or $48 a month on SearsCharge Plus.* Your actual monthly payment may vary depending on account balance. SearsCharge Plus is available for most major purchases totalling $700 or more. Build your own custom setting and take advantage of Sears everyday low prices and convenient credit terms. Come in and see Lasting Images made with FuturStyle™ Seating Support Systems from Du Pont. You've got to sit on it to believe it. And the beauty is, you can. Over and over again. Exclusively at Sears.



Introducing the newest technological miracle from Du Pont.

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Lasting Images collection by randy williard design, manufactured by Stanford Manor, a division of Furniture Corporation of America.
*Pricing will be higher in Alaska, Hawaii and Puerto Rico. Above monthly payments may be higher in Alaska and Hawaii, and do not apply in Puerto Rico.

19 Pont

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HOME S·T·Y·L·E

Best Bets for Better Homes

BY JIM WILLIAMS, JIL SEVERSON, AND NANCY HALL

'90s ON TO THE

What lies ahead in the '90s? A little romance? Changes in your lifestyle, perhaps? We've pulled out our crystal ball to make a few predictions.

DRINK SMART

Baby boomers are growing up and realizing that drinking non-alcoholic beverages—liquors, wines, beers, and sparkling waters and juices—is safe, smart, and healthful. Try any of the variety available from your market.



COMING UP GOLDEN

Gilt is coming on strong, and popping up in the strangest places. Check out these Midas-touched baseballs covered with gold leaf.

Woodstock Transfer Company, P.O. Box 175, Woodstock, NY 12478.

TOPIARY TREES

Dried flowers have left their country baskets and leaped into the lead as artful and elegantly trimmed topiaries. They're sprouting up all over.

TIN IS IN!

Whether sleekly sophisticated or radically rusted, metals are "steeling" the show. One popular artist, Ivan Barnett, teams weathered tin with naive motifs for a witty collection of painted folk art pieces.

For color brochure, send $2.50 to The Ivan Barnett Collection, R.D. 1, Stevens, PA 17578.

continued on page 40

Buying information, page 112.

continued from page 39



PHOTOGRAPHS PERRY STRUSE

PROJECT LEAN

LOW-FAT EATING FOR AMERICA NOW

The national campaign for *Low-fat Eating for America Now* (LEAN) is in full swing. Its goal: to cut fat consumption from the American diet to 30 percent of total calories by 1998. Start now to eat meaner and leaner, and watch future issues for more information from the LEAN TEAM!



PHOTOGRAPH: MIKE JENSEN, REGIONAL EDITOR: TRISH MAHARAM



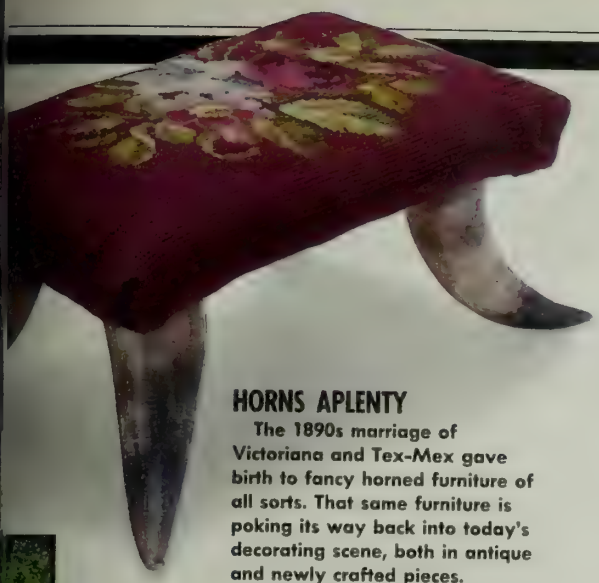
ROMANCE IN THE GARDEN

Interior design steps outside. Gussy up the garden with a touch of antiquity, whether authentic or newly crafted.

Gothic bench, Irving and Jones, Colebrook, Conn.

NOT FOR THE BIRDS

Bye-bye, bird ie. This concrete birdbath-turned table shows ho garden art finds its way indoors. Iron, wood, and stone now blen with traditional pieces for a trul eclectic look.



HORNS APLENTY

The 1890s marriage of Victoriana and Tex-Mex gave birth to fancy horned furniture of all sorts. That same furniture is poking its way back into today's decorating scene, both in antique and newly crafted pieces.

JEWEL TONES

Upholstery fabrics, fashions, and even entire rooms are coming on strong in deep, rich gem colors and lush new neutrals. Assorted fabrics shown here are by Covington, Robert Allen, La France, and Richloom. All the fabrics are treated with Scotchgard Fabric Protector.



"Cheshire" by La France (Twilight)

"Byzance" by Richloom (Jewel)

"Looking Glass" by Covington (3)

"Rhumba" by Covington (24)

"Yarborough" by Covington (72)

"Monroe" by Covington (11)

"Jessamy" by Robert Allen (Noir)

"Lynen" by Covington (16)

"Empress" by La France (Coffee)

"Elite" by Robert Allen (Noir)

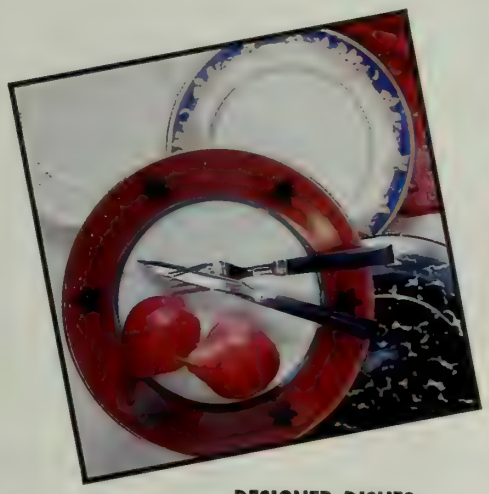
"Riser" by Covington (93)

"Delicate" by Robert Allen (Noir)

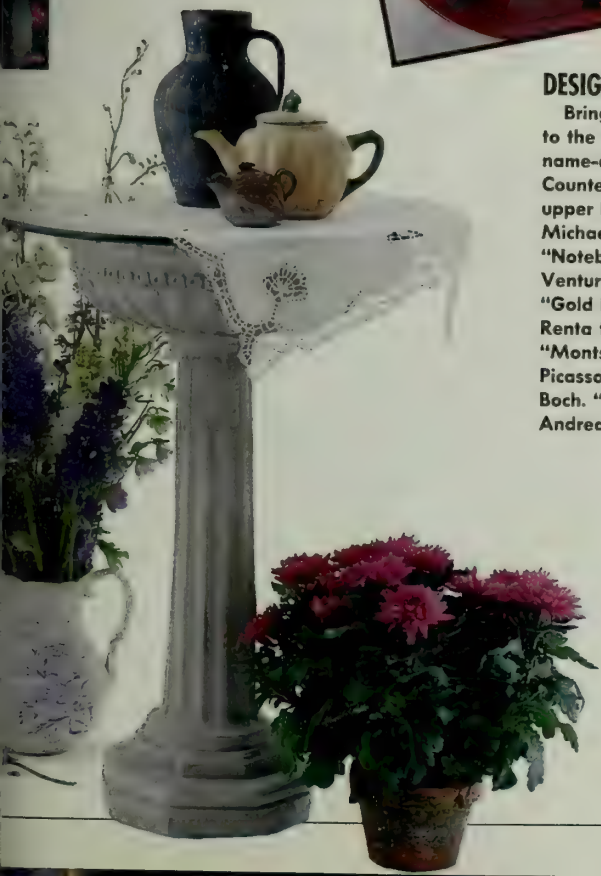
"Clarendon" by Richloom (Lacquer)

PERENNIAL FAVORITES

A gardener's delight, beds of yearly blooming beauties are replacing manicured lawns for a touch of English country romance.



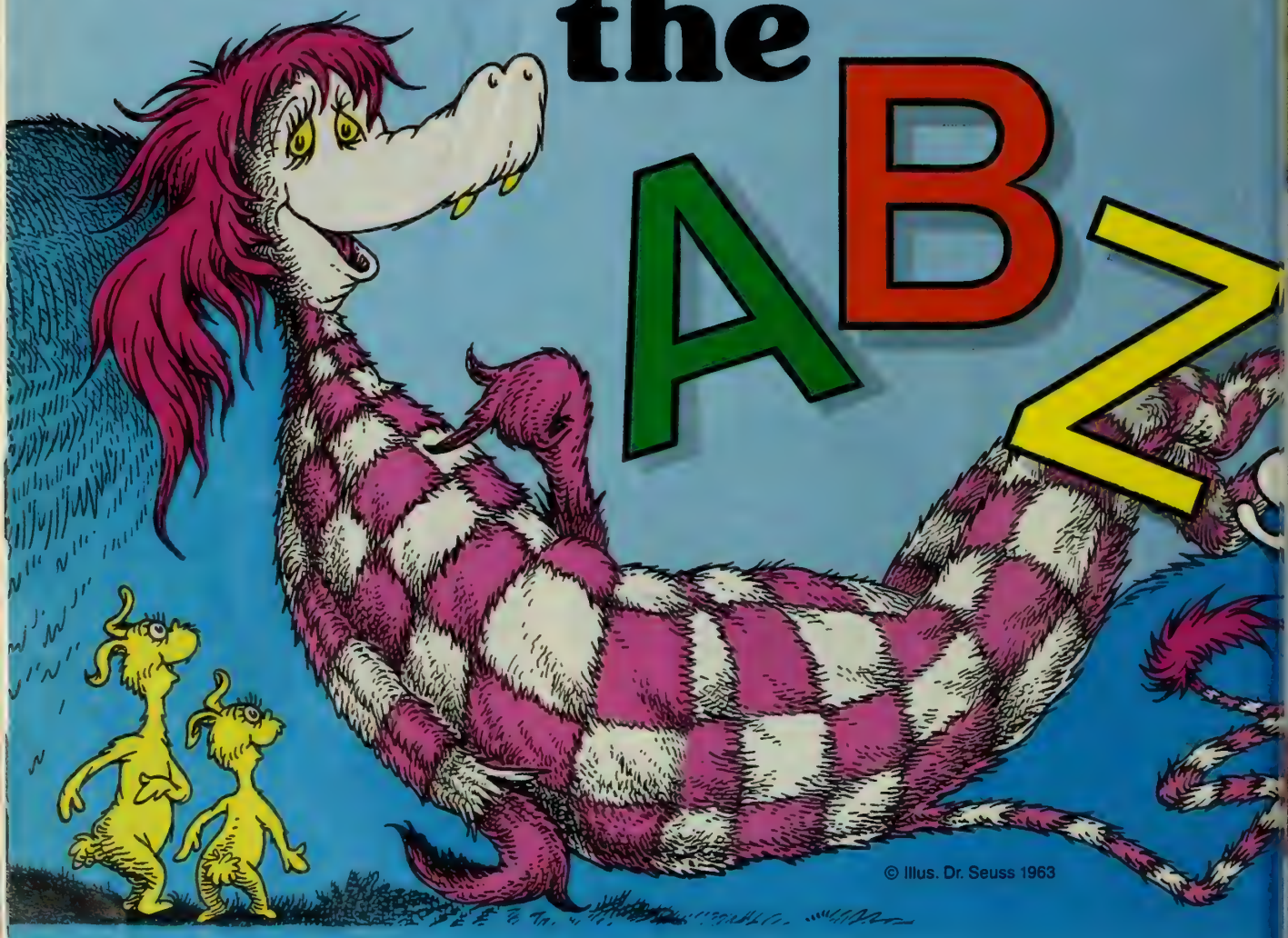




DESIGNER DISHES

Bring form and fashion to the table with big-name-designer dishes. Counterclockwise from upper left: "Delos" by Michael Graves and "Notebook" by Robert Venturi for Swid Powell; "Gold Leaf" by Oscar de la Renta for Mikasa; and "Montserrat" by Paloma Picasso for Villeroy and Boch. "Facette" flatware by Andrea Putnam for Sasaki.

Count on me to teach your chil the ABZ



Because that's what a Zizzer Zazzer Zuzz does

Once your child meets a Zizzer Zazzer Zuzz, he or she will never forget the letter Z! But what the Zuzz *really* does is tickle your child's fancy. Stimulate curiosity. And turn your youngster on to a lifelong love of reading that will carry all the way from the ABZ's to simple words . . . to complex words . . . to entire sentences!

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I am enclosing no money. Please accept my child's enrollment and send the 8 books shown plus The Cat in the Hat Bookrack (a $3.50 value) as a free gift. The comparable retail value of the books alone is $55.60, but you will bill me only $3.99*. I may examine the books for 10 days and, if not completely delighted, return them at your expense and owe nothing. The FREE Bookrack is mine to keep. If I keep the 8 books, my child will receive 2 new Beginner Books every 4 weeks on 10-day approval for the member's low price of only $4.49* each. I understand I may cancel any time (by following the instructions on the invoice) after accepting as few as 4 two-book shipments. Each shipment is mine on a 10-day approval and I may return any book in the program at your expense.

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(please print) Mo. Day Yr.

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City _____ State _____ Zip _____

Parent's Signature _____ Tel # (____) _____
Area Code

Offer may be slightly different in Canada. Shipment and services from Canada.

* Plus shipping and handling. Sales tax is extra in NY and CT.

FROM MAGICIANS AND MUSICIANS TO JESTERS AND JOUSTERS, HERE'S A SAMPLING OF CELEBRATIONS THE WHOLE FAMILY CAN ENJOY

AMERICA'S GREAT ART FESTIVALS

BY WENDY LOWE





Creativity knows no bounds in Seattle.

JOIN THE FUN: PUPPETS, BANDS, PLAYS, CRAFTS, FOOD

Across the land, an army of talent is tuning up, splashing paint, rehearsing, and getting ready to strut its stuff at spring and summer art festivals. These creative folks know that good art gets even more enticing when it's sunny outside and music floats over a sea of picnic blankets. A lot is going on to intrigue the kids, so plan on taking them along. But set your schedule soon; popular events tend to sell out.

INTERNATIONAL CHILDREN'S FESTIVAL

Acting Is Child's Play in Seattle, May 7–12

The International Children's Festival, held at downtown Seattle Center, dishes up a rich smorgasbord of the lively arts in portions any kid—or parent—can savor. Enjoy puppetry, mime, dance, improvisation, and a host of other theatrical styles by professional troupes from around the world. You might hear a story presented through classical music, take part in creating a stage play, or watch breathtaking feats of acrobatics. This year, New York's Creative Arts Team will also explore issues of drug abuse and racial prejudice in special performances for teens.

Seats go quickly (whole classes attend), so order tickets well in advance. Be sure to check age guidelines for each show. Indoor performances are meant for children 3 and older, but toddlers can take advantage of free and reduced-price happenings on the Center grounds. Look for music, clowns, and jugglers on the Pied Piper Open Stage, as well as workshops in chalk drawing and mask making. Meanwhile, kids of all ages should sit a spell at the Storyteller's Station, where tales reflecting the heritages of many nations are spun. Be sure also to stop at the nearby Seattle Children's Museum for other events.

Performances cost about $4. ***International Children's Festival, 305 Harrison, Dept. BHG, Seattle, WA 98109; 206/684-7346.***

continued on page 48

A TRIO OF OTHER FESTIVALS

- ***Vermont Mozart Festival, Burlington, Vermont.*** Classical splendor in the grass. Kids can tune in to a concert just for them. July 15–August 4. *802/862-7352.*
- ***Spring Festival of the Arts, Oklahoma City, Oklahoma.*** Kids-only gallery. Creation Station where all ages work on a giant sculpture. April 24–29. *405/236-1426.*
- ***New Orleans Jazz and Heritage Festival, New Orleans.*** 4,000 musicians on 10 stages. Music workshops for high school students, African-American crafts, Louisiana cuisine. April 27–May 6. *504/522-4786.*

STEVE MELTZER

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SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

continued from page 46

MINNESOTA RENAISSANCE FESTIVAL

16th-Century Fair, Weekends and Labor Day, August 18–September 30

Nestled in a re-created village fair that Henry VIII might have recognized, the Minnesota Renaissance Festival is an exuberant tribute to life in 16th-century Europe.

The festival brims with troubadours, jugglers, jousting knights, and artisans. Your family can experience the pageantry of a royal wedding procession, enter a grape-stomping contest, learn calligraphy, or just browse in the marketplace.

The Kids' Kingdom is home to an undulating, 60-foot cloth dragon. Young and old ride the Hippogriff, a swinging wooden bucket shaped like a mythical beast. Meanwhile, a roaming company of actors spouts lines from the Bard and draws the audience into skits. Each weekend offers a different theme, from a Sporting Holiday to Love and Romance. Savor delicacies from the 1500s, including a seven-course banquet, as well as 20th-century culinary favorites.

Highway 169, south of Shakopee (near the Twin Cities). Tickets cost $10.95 for adults and $4.95 for children aged 5–12, with an advance-order discount. ***Renaissance Tickets, 3525 West 145th Street, Dept. BHG, Shakopee, MN 55379; 612/445-7361.***



BETHLEHEM MUSIKFEST

A Toe-Tapping Family Celebration, August 18–26

Pennsylvania's Musikfest delivers a finger-snapping love song to music in all its variety. Some 575 free performances sound off in Bethlehem and its Moravian community, settled by an 18th-century German Protestant sect famous for its sacred music. The Moravian Trombone Choir, dating back to colonial times, performs during Musikfest. Costumed craftspeople demonstrate traditional Moravian arts while street performers juggle, make magic, and clown around.

There are seven musical centers, including "Americaplatz" for jazz, bluegrass, and Broadway tunes; "Festplatz" for polka bands; and "Volksplatz" for everything from Latin rhythms to belly dancing. At "Kinderplatz," kids get free crafts instruction. Classical fans can hear a chamber music series, symphony, and candlelit concerts. ***Bethlehem Musikfest Association, 556 Main Street, Dept. BHG, Bethlehem, PA 18018; 215/861-0678.***

Save 50¢ on the longest pantiliner ever.

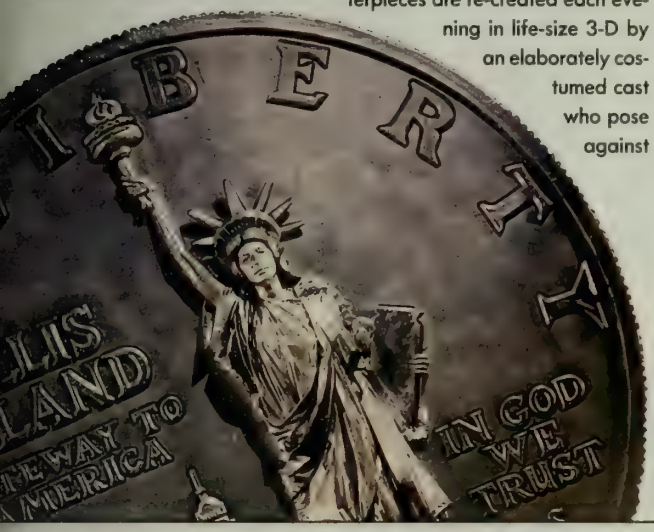
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Regular Pantiliner

Festival Of Arts And Pageant Of The Masters

Life Imitates Art in Laguna Beach, July 7–August 26



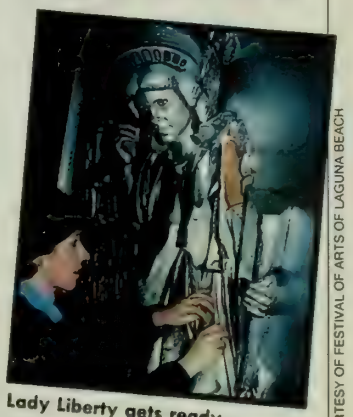
A poser brings John Mercanti's *Statue of Liberty Silver Dollar* to life at Laguna Beach's Pageant of the Masters.

The arts come alive—literally—at California's Festival of Arts and Pageant of the Masters. Masterpieces are re-created each evening in life-size 3-D by an elaborately costumed cast who pose against intricately designed sets. In a fast-moving performance accompanied by a narrator and an orchestra, one of the artworks takes shape in front of the audience.

The Pageant and the daytime Festival began during the Depression, when struggling artists needed a way to attract customers. Today, 200,000 people, including bargain-hunting interior decorators, examine the wares of 160 artists and craftspeople. Some of the profits go to fund art scholarships for local pupils.

Children like the workshop's free easels, painting materials, and friendly advice. Also popular is the Junior Art Gallery, which exhibits the best works submitted by area students. Nearby, catch the antics at a marionette show.

Trams from downtown parking areas and beach. $2, under 12 free. ***Festival of Arts, P.O. Box 1659, Dept. BHG, Laguna Beach, CA 92652; 714/494-1145.*** BH&G



Lady Liberty gets ready.

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Better Homes and Gardens
DESIGNS FOR BUTTERICK

SLIP-COVER CHIC

SEW-IT-YOURSELF DECORATING

You can't tell this seating group by its cover. With fresh fabric, our Butterick slipcover patterns, and a bit of stitchery, these everyday furnishings went to the top of the best-dressed list wearing two of the hottest looks in home fashion today. In need of a change of scenery at your place? Give your furniture the slip!



BY DENISE L. CARINGER, ROBERT E. DITTMER, AND SANDRA S. SORIA



PERRY STRUSE

BEFORE. Slipcovers make fashion leaders from basic seaters.

A FRENCH ACCENT

Flouncy skirts and fabric as delicate as fine porcelain "romance" this setting with chic Provençal panache. Plump pillows cozy up the space while jolts of yellow warm up the cool blue-and-white palette. Order the slipcover and pillow pattern packages from us, or pick them up at the fabric store, and you'll have the savoir faire to outfit your furniture in the latest styles.

To order slipcover pattern No. 4592 and FREE pillow pattern No. 4593, see page 55.

continued on page 52

"AFTER" PHOTOGRAPHS: SCOTT LITTLE


Better Homes and Gardens
DESIGNS FOR BUTTERICK
THE STORY OF THE ROYAL FAMILY



GOTHIC ROMANCE

Look what a difference a change of fabric and frill can make! Tapestry tones and fancy finishing touches give this room Gothic good looks, taking the same modern seating pieces back through centuries of style. The regal layering of patterns and shapely, well-dressed jumble of pillows create today's coveted opulent look.

Using *Better Homes and Gardens® Designs for Butterick* instructions and your fabric, you can tailor the slipcover to keep up with changes in furniture fashion—or changes in your mood! Sew more than one slipcover so you can make a quick wardrobe switch.

To order slipcover pattern No. 4592 and FREE pillow pattern No. 4593, see page 55.

continued on page 54

STYLE STATEMENTS

Want to take your rooms from ho-hum to the height of fashion? Pay attention to detail! Sew-it-yourself style means you control the extras that tailor a look to your taste. Here's what makes the difference in our rooms.

PILLOWS TALK

When it comes to expressing today's styles, pillows are the punctuation mark. Dressed in a fresh mix of fabrics and given a touch of frill, these easy-to-sew toss pillows add some punch to a French country setting.



VS.



ALL THE TRIMMINGS

For a more opulent option, finish your pillows with a flourish. Stitch on some elegant extras, including ribbon, tassels, cord, or fringe, to give your seating pieces the royal treatment.

ACCENTS ON STYLE

Like characters who enter and exit scenes in a play, a room's accessories can be rotated to add fresh drama to a setting. Here, a delicate armchair, comforting quilt, and tub of sunny blooms speak with a decidedly French accent.



VS.



ENGLISH SUBJECTS

Switch a few supporting players and you have the makings of a whole new scene. The Gothic style is marked by hardy forms but graceful lines, such as those found in this chunky antique chair, stout topiary, and sturdy pedestal.

FOR THE FRILL OF IT

Although a soft element, fabric can be a strong character builder. The beauty of sew-it-yourself slipcovers is that you pick the fabric, then our patterns help you decide what finishing touches you'll sew on, such as a ruffled skirt.



VS.



TAILORED AND TRIM

Trade in the light and airy fabric for one rich with tapestry tones and patterns, and you'll give the same piece a, well, an old outlook. Then, go for baroque with rich golden fringe.

Buying information, page 112.

SLIPCOVER TIPS

Want to try our slipcover patterns but afraid you need the sewing skills of a tailor to complete a project of this size? Here are some basics to bolster your confidence.



Slipcover expert Vivian Morse begins the project with the seat back, then fits the arms.



Center and match the fabric's pattern as you pin together each section.



Each section is cut to fit; the skirting of your choice is added later.

PHOTOGRAPHS: PERRY STRUSE

FABRIC FACTS

Pick the right fabric and your custom cover will be easier to craft—and prettier to see. Shop for yardage classified as "decorator fabrics"; they're usually 54 inches wide, thus more practical for large projects. Before you buy a bolt, think about:

- **Durability.** An ideal fabric is closely woven and heavy enough to hold its shape.
- **Resistance.** Look for fabrics that have been treated to resist wrinkles and stains.
- **Pattern.** The simpler the pattern, the easier the fabric will be to work with. Remember that a fabric's design looks different when cut into pieces. Envision what the finished project will look like by draping a large swatch over the piece to be covered.

GETTING IT TOGETHER

When you see the *Better Homes and Gardens®/Butterick* slipcover pattern package, you may be surprised to find that you don't receive a standard, cut-it-out tissue pattern. Instead, you'll get step-by-step, illustrated instructions that will lead you through this cut, pin, and sew process.

- **Use** your furniture like a dressmaker's form, fitting and cutting each section to match the seams of the original upholstery.
- **Lay** uncut fabric over one section of the furniture piece at a time, beginning with the seat back. Center, smooth, and pin the fabric in place.
- **Cut** out each pinned section as you work around the entire piece. Be sure to leave a 1-inch seam allowance.
- **Lift** the pinned-together slipcover, take it to your sewing machine, and "get sewing!"

HOW TO ORDER PATTERNS

To obtain the slipcover pattern package, shop for it at your local fabric store or order it by mailing in the coupon (*below left*). To receive the free pillow pattern package, you must mail in the coupon (*below right*). BH&G

Offer expires January 1, 1991

SLIPCOVER PATTERN PACKAGE

Includes patterns for sofa, chair, and ottoman slipcovers with various trims.

Butterick Pattern #4592 ..... $5.50
Postage and handling $1.00
TOTAL ..... $_____

Name _____

_____

Address _____

_____

City _____

State _____ **Zip** _____

Send check or money order (U.S. funds only) to:
Better Homes and Gardens®/Butterick Offer
P.O. Box 3193A
Steinway Station
43–02 Broadway
Long Island City, NY 11103

Offer expires January 1, 1991

FREE PILLOW PATTERN PACKAGE

Includes instructions and patterns for sewing nine types of decorative pillows.

Butterick Pattern #4593 ..... $0.00
Postage and handling $1.00
TOTAL ..... $_____

Name _____

_____

Address _____

_____

City _____

State _____ **Zip** _____

Send check or money order (U.S. funds only) to:
Better Homes and Gardens®/Butterick Offer
P.O. Box 3193A
Steinway Station
43–02 Broadway
Long Island City, NY 11103



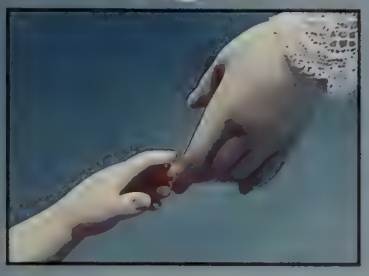
Dolls shown much smaller than actual sizes of 15 inches and 8¼ inches tall. Complete with an individual stand for each doll.

©1989 The Ashton-Drake Galleries

AD

A timeless portrait of motherhood...

"Loving Steps"



emiere Grade Dolls Handcrafted Fine Bisque Porcelain

n a sunny morning in late spring, metime around the turn of the cen- ry, a young mother and her baby ughter are enjoying their time togeth- Instinctively, the little girl wraps her y fingers around her mother's hands she takes an eager step. The mother nces down, aware that this moment l pass all too quickly, yet will live in her memory rever.

Distinguished as the very first doll design by artist ndra Kuck and produced by Reco International under e hallmark of the W.S. George China Company, oving Steps" reminds us just how precious the simple oments of family life can be.

oving Steps" is Certified Premiere Grade

he Ashton-Drake Galleries has reviewed "Loving eps" against *The Uniform Grading Standards for Dolls*—n strict criteria used to evaluate artistry and quality. he head, arms, and legs of both dolls are skillfully nd-cast of fine bisque porcelain that's hand-painted lifelike flesh tones. The baby's delicate fingers are ecisely designed to fit into the curve of the mother's nds, and the curled toes and raised foot create the sion that the baby is taking her first steps. The ther's lavish, hand-tailored costume features a point- esprit lace yoke, deep flounces, d satin ribbon trim, with fabric vers entwined in her hair. These ue Victorian fashion traits are oed in the simpler design of the by's dress. Each mother doll is dividually hand-numbered and e set comes with a matching numbered Certificate of Authenticity.

These distinctive features have earned "Loving Steps" the Grading Standards' highest rating—Premiere Grade.

A Collectible Doll That Can Increase in Value

In the doll market, a doll with the right credentials has the best potential to increase in value. Once a doll's edition is sold out, collectors who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued. Of course, not all dolls increase in value; values can go down. But a doll design of exceptional artistry and quality—such as "Loving Steps" with its Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Loving Steps" is the very first issue in a prestigious collection, just as "Jason" and "Little Bo Peep"—the dolls in the chart below. "Loving Steps" has similar credentials that make its potential for market success seem just as promising.

Your Satisfaction is Completely Guaranteed

You may, without hesitation and for any reason whatsoever, return "Loving Steps" to us at any time within one full year after you receive it. We will refund (or credit your account if you pay by credit card) your full purchase price, including postage, with no questions asked.

To order "Loving Steps" at its $125.00 issue price, simply complete and mail the attached Reservation Certificate. "Loving Steps" is issued in an edition that will close permanently in 1990, so order today.

Doll	Year of Issue	Issue Price	Current Value*	Dollar Increase
Knowles "Jason"	1986	$48	$700	+$652
Knowles "Heather"	1987	$48	$300	+$252
Knowles "Little Bo Peep"	1987	$58	$150	+$92

*Based upon a survey of prominent U.S. doll dealers in June, 1989.

THE ASHTON-DRAKE GALLERIES

DETACH, COMPLETE, AND MAIL

"LOVING STEPS" RESERVATION CERTIFICATE

ail to:
HE ASHTON-DRAKE GALLERIES
2 West Superior Street
icago, Illinois 60610-9948

S, please enter my reservation for "Loving Steps" m *Sandra Kuck's Precious Memories of Motherhood* llection. Limit: One set of dolls per customer.

nderstand that I need SEND NO MONEY NOW. ill pay for "Loving Steps" in four convenient nthly installments of $31.25* each, the first ing billed before shipment.

PLEASE RESPOND BY:
February 15, 1990

X _____
Signature

Name (please print) _____

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*Plus $4.88 home delivery fee and any applicable state sales tax.
Offer valid in the U.S. only. Please allow 4 to 6 weeks for delivery. 76221-D81225



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"My guests are feasting their eyes on my dining room table."

Ann told us no matter how much she polished her table, it still looked dull. "I thought about refinishing, but it didn't really look that bad. After all, it only had minor scratches, and I still liked the color, but the shine was gone.

"There had to be another answer. Face Lift gave my table a new permanent shine, and even removed ugly white rings." All without the fuss of moving her table out of the dining room to refinish it.

BEFORE: DULL FINISH, WHITE RINGS





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REMODELING

BH&G® ON TV

Tune in our tips on home improvement

Lights, cameras, hammers!

What's that? *Better Homes and Gardens*® is taking to the airwaves. "Better Your Home with *Better Homes and Gardens*" broadcasts new ideas and economical approaches to do-it-yourself and contracted remodeling. Topics include kitchens, baths, decks, painting, wall treatments, exterior face-lifts, home office ideas, and more.

The nationally syndicated half-hour show airs weekly in 125 markets. For times and dates of the program, check local listings.

The magazine's editorial staff serve as advisers and contribute to the content of the show.

BUILDING

PLASTER PERFECT

HOW TO REPAIR WALL CRACKS

Whether or not you realize it, your house fidgets on its foundation. That eventually causes hairline or larger cracks on interior plaster walls, usually running diagonally from corners, doors, or windows. Here's how to face-lift those fractious fissures.

FILL HAIRLINE CRACKS

Wall surface filler, such as Spackl is available in powder, paste, and ae sol forms and makes good filler for ha line cracks.

1. Widen the crack with a screwdr er to about ⅛ inch and blow out a loose plaster. For a long-lasting repa dig about an inch past each end.

2. Wipe the fissure with a fingerful filler, pressing it in. You may need repeat this in an hour or so.

3. Always seal patches with prim before painting; otherwise, the repa might "bleed" through the finish coa

PATCH LARGE CRACKS

Patching plaster must be mixed wi water, but because it's stronger th wall filler, it's better for broad crack

1. Undercut wide cracks with a ha mer and chisel to make them broa at the bottom than on the surface. T helps lock in the patching plaster.

2. Mix patching plaster in sm batches, following the label's recipe.

3. Thoroughly wet the crack just fore patching to make a good bond tween old plaster and new.

4. Pack patching plaster into crack with a wide-blade taping knife a putty knife.

5. Wait about 24 hours. Then le off the repair with a second applicati after wetting the area.

6. After another 24 hours, smoo the dried patch with fine sandpaper a damp sponge. Then seal with prim before painting.

FIRE FIGHTERS

CHOOSING THE RIGHT 'RODUCT FOR YOUR NEEDS

For safety's sake, every home eeds a fire extinguisher. But if ıe nitty-gritty of choosing one aves you cold, take a look at ur red-hot guide.

/HAT KIND?

Extinguishers carry labels to tell you hat kinds of fires they can fight:

A: Paper, wood, cloth, rubber, upholery, and other dry combustibles.

B: Oil, grease, gasoline, and other ammable liquids.

C: Appliances, TVs, and other elecical equipment.

Combination ABC extinguishers are pular for home use. Sleek, lightight BC kitchen extinguishers are dely available now. Numbers indite relative extinguishing potential. k a dealer to help you choose the ting you need. In a large house, you ay want two different extinguishers ilored to the needs of specific rooms.

Most homeowners choose dry chemical extinguishers because this type is versatile and inexpensive. Halon extinguishers are catching on for home use, too. Colorless, odorless halon gases extinguish fires and then evaporate, leaving no stains or residue. They're a good choice around home computers and home offices because they won't damage equipment or records. Halon extinguishers cost more than their dry-chemical cousins.



JIM KASCOUTAS

m left, Fyr-Fyter Halon 1211 rechargeable inguisher; heavy-duty Kidde Fire Away 240 H totable Fyr-Fyter Halon model A700; First rt kitchen extinguisher, model KFE5.

HOW MANY DO I NEED AND WHERE?

In a small to average-size house, one fire extinguisher is usually enough. In a large home, buy one for each floor. Mount extinguishers in plain view, away from cooktops and fireplaces. Another smart idea is to choose a spot near a room exit so you can reach the extinguisher safely and bail out if the fire gets out of hand.

HOW MUCH?

Prices from $10 to $30 are common for dry-chemical home extinguishers. For a halon extinguisher, you can expect to spend from $20 to $50. A well-stocked hardware store or home center will carry most types.

WHAT ABOUT MAINTENANCE?

Pressure gauges tell you if your extinguisher will work; check your gauge routinely. Most home models are made to be thrown away rather than refilled after use.

A final note: Don't rely on your extinguisher to save lives. In the event of a fire, get everyone out of the house and have someone call the fire department. Use your fire extinguisher to save property only if the blaze is confined to its area of origin.

HOW TO USE FIRE EXTINGUISHERS

To work most fire extinguishers, think of the word "pass":

Pull the pin. You may need to release a lock latch or press a puncture lever first.

Aim the nozzle, horn, or hose.

Squeeze or press the handle.

Sweep from side to side at the base of the fire until it goes out. Watch for reflash.

Check the instructions on your extinguisher for variations.

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PERFECT-FOR-PARTIES KITCHEN

REMODELED FOR COMFORT, IT'S A SPACIOUS PEOPLE PLEASER

Frequent hosts Bob and Judy Sullivan turned a tiny kitchen and little-used family room into one big entertaining—and family get-together—space.



BY SUSAN SHEETZ



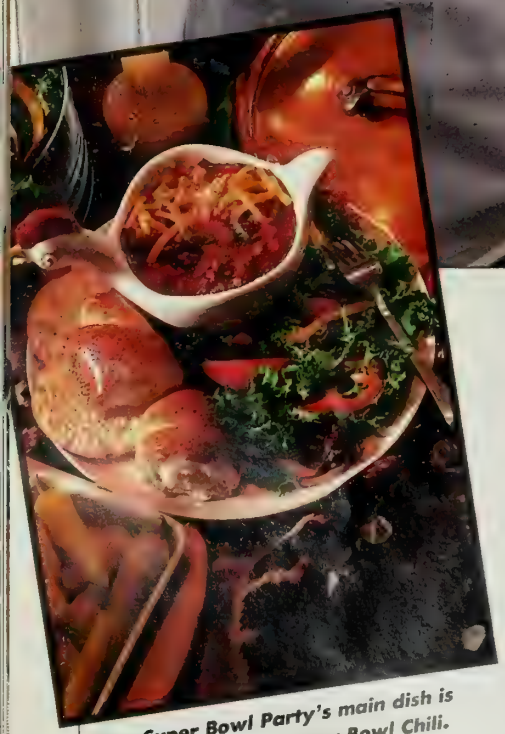
e cooktop island sets up for a bountiful buffet.



The sociable Sullivans: Rob, Molly, Judy, and Bob.

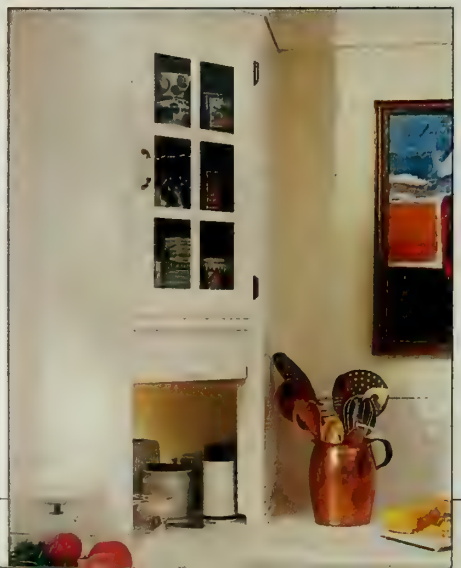
continued on page 64





The Super Bowl Party's main dish is Judy's legendary Super Bowl Chili. *Recipe begins on page 68.*

FOOD PREP CORNER. *A corner appliance nook with its own outlet corrals the food processor, coffee grinder, and toaster.*



STORAGE WALL. *Parking tall cabinets o an interior wall left the spaces above th countertops for windows or art.*



PERFECT-FOR-PARTIES KITCHEN

continued from page 63

"I like the openness the best, hands down. No matter what I'm doing, it's a social event. You never feel cut off."

—Judy Sullivan



Bob stirs up some tall tales and chili at the cooktop/buffet island.



The sitting room is a magnet for armchair quarterbacks.

Let's see, if it's January, it must be the Super Bowl Party. That's the way it goes around the Sullivan household. Despite busy careers in advertising and public relations, outgoing Bob and Judy still invite friends or business clients over at the drop of a hat—or holiday.

"I don't think a week goes by that we don't have someone over for at least dessert," says Judy. "We do formal entertaining once every five weeks, informal entertaining frequently. Having people in is our favorite thing to do."

That's not surprising, now that their circa-1900 home sports an enviably contemporary remodeled kitchen.

FAMILY GATHERING PLACE

The Sullivans' remodeling plan called for opening up the dinky kitchen to outdoor views, mill-around room for large gatherings, a minikitchen/wet bar, and generous food preparation areas.

"Most of all, we wanted the kitchen to be a special place where our family could gather and share experiences after a very busy day," says Judy.

continued on page 66

MINIKITCHEN. Guests help themselves here to hot-and-cold snacks and drinks, leaving Judy's cooking undisturbed.



BAKING/PLANNING. The ovens stack next to the planning center because Judy doesn't use them for every meal.



PERFECT-FOR-PARTIES KITCHEN

continued from page 65



Rob and Molly get first licks at the postgame dessert.

The Sullivans found a pocket-size kitchen when they bought their 83-year-old home in 1985. A single window overlooked the front lawn; a family room and laundry area lurked behind the kitchen's interior partial wall. "To get from the front door to the kitchen, you had to go through an adjoining powder room or all the way around through the living room and family room," says Chicago architect Stephen Knutson.

Knutson knocked out the partial wall between the kitchen and family room for the new kitchen space. He also sealed off the kitchen's powder room door, relocated the washer and dryer, bumped out the front wall to create a sunny sitting area, and repositioned the front door.

"The kitchen is the room that we really live in, and the rest of the house is almost incidental."

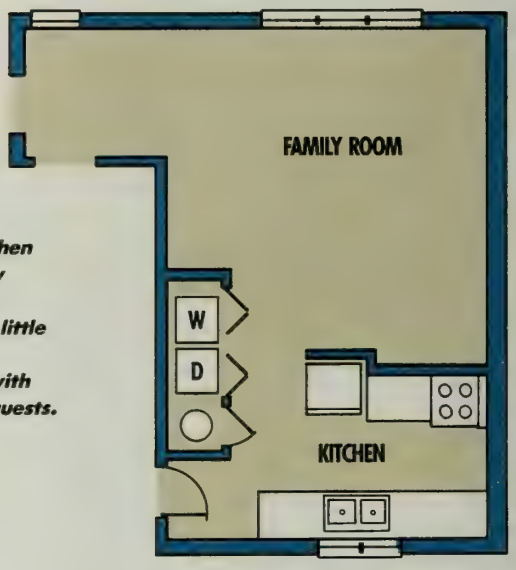
—Bob Sullivan

COMFY RETREAT

Knutson geared the remodeled space for activities and tied it to the outdoors with small-pane windows and French doors. A wide archway defines the sitting room. Terra-cotta floor tile and light-bouncing white surfaces—even on the sink and faucet—create a fresh, easy mood.

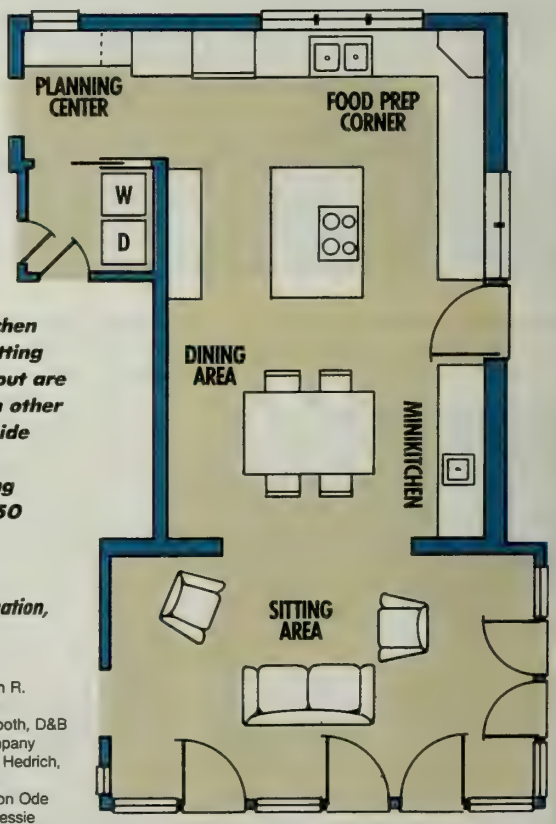
"Night or day, weekday or weekend, you're never uncomfortable here," says Bob. "We can have two or three things going on: Judy cooking, me watching TV, the kids talking—but we can be together. We often say to each other, 'Isn't this a great place to be?' " BH&G

FLOOR PLANS



BEFORE

The tiny kitchen afforded few counters for cooking and little room for conversing with family and guests.



AFTER

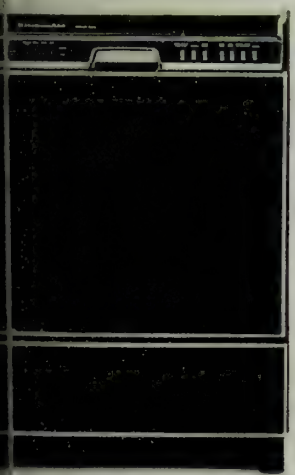
The new kitchen space and sitting room bump-out are open to each other and the outside patio, for a nonstop living area about 50 feet long.

Buying Information, page 112.

Architect: Stephen R. Knutson. General Contractor: Bill Booth, D&B Construction Company Photographs: Jim Hedrich, Hedrich-Blessing Illustrations: Carson Ode Regional editor: Jessie Walker Associates. Food stylist: Kathleen German



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For KitchenAid literature and the name of the dealer nearest you, call us toll-free T-800-422-1230.

KitchenAid®
FOR THE WAY IT'S MADE.™

continued from page 66

The Sullivans' Menu for a Super Bowl Party

Super Bowl Chili
Tossed green salad and dressing
Crusty breads, breadsticks, and crackers
Pickled peppers, black olives, and fresh relishes
Mixed fresh fruits
Beer and wine
Build-your-own-sundae buffet

SUPER BOWL CHILI

After years of trial and tasting, Judy's recipe for hot and spicy chili has evolved into this memorable bowl of red—

1 lb. lean ground beef
1 lb. lean ground pork
2 15½-oz. cans hot chili beans *or* red kidney beans
1 28-oz. can tomatoes, cut up
2 large onions, chopped
1 green pepper, chopped



Settle down at halftime with Super Bowl Chili and all the fixings.

3 cloves garlic, minced
3 Tbsp. chili powder
2 Tbsp. sugar
1 Tbsp. crushed red pepper
3 Tbsp. wine vinegar
1 tsp. ground cumin

• • •

Shredded cheddar cheese (about 1 cup) (optional)
Dairy sour cream (optional)

● **In a 4-quart Dutch oven brow** the ground beef and ground por Drain off excess fat. Add the *undrain* chili or kidney beans and tomatoes, t chopped onions, green pepper, garl chili powder, sugar, red pepper, vin gar, and cumin.

● **Cover and simmer** the chili for hour, stirring frequently to avo scorching.

● **To serve,** ladle into soup bow Spoon shredded cheese and sour crea over each serving. Makes 6 to 8 mai dish servings.

Nutrition information per serving: *4 cal., 42 g pro., 17 g carbo., 17 g fat, 1 mg chol., 844 mg sodium, 1,302 mg p tassium, 10 g dietary fiber. U.S. RD 51% vit. A, 62% vit. C, 55% thiamin 32% riboflavin, 46% niacin, 12% cal um, 37% iron.*

Constipated?
You may have to take this much fiber laxative for as many as three days to get reli



Monday Tuesday Wednesday

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INNOVATIVE PRODUCT OPENS UP NEW DESIGN OPTIONS

To get an unbroken, all-round view in this square-made world, all you need is a thoroughly round window. Curved glass windows used to be just about impossible to find. Now you can get them in nine standard sizes.

SUITS OLD AND NEW

Bored with bays and angled bow windows? Do you want to rehab an old turret but can't find a window to fit? Here's the solution.

Marvin Windows has introduced two styles of curved glass and wood frame windows. The single-hung style is offered in nine standard sizes manufactured with a 6-foot radius. The picture-window style is offered in 10 sizes and can be used in conjunction with the curved single-hung windows.



PERRY STRUSE

Curved windows present previously unthought-of design opportunities.

Originally, curved windows were manufactured by hand in the Victorian era. Now, new designs offer renovation-minded homeowners a product to fit homes built during that period. Then again, homeowners with contemporary tastes can incorporate the curved windows as alternatives to conventional bay and bow windows.

OPTIONS TO LOOK FOR

Insulating glass is standard in the two new windows. Interiors are available in bare wood for staining, or primed for painting. Exteriors are likewise available in bare wood, or sealed with a weather-resistant finish.



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INCOME TAXES

10 Ways to Save Now!

BY SIDNEY WEINMAN



The sooner you get started with tax strategies, the more control you have over potential savings. One or more of the following suggestions could fit your tax situation nicely:

1. Shift income to your kids.

If your children don't already have their own bank accounts or other income-producing assets, they should. A dependent child can receive up to $500 of unearned income (like dividends and interest) without paying tax. The next $500 of income to a child under age 14 is taxed at 15 percent. That means that $1,000 of income shifted to your child's name could shave up to $330 off your tax, while the child pays only $75 (15 percent of $500, since the first $500 is tax free).

If the child is older, the next $19,450 gets taxed at 15 percent, too. Again, you come out ahead if you're in the 28- or 33-percent tax bracket and you shift income to the child, because that income is taxed at only the 15-percent rate.

2. Defer interest income.

Interest on a bank account is usually taxable as it accrues—for instance, monthly or quarterly. But you can buy a one-year certificate of deposit (CD)

She used to toddle down the stairs in diapers, now she's gliding down in satin.

There was no preparing for this bittersweet mix of joy, awe and sadness. All those years of nurturing and worrying, making sure she stayed healthy and ate right. And suddenly, overnight...

Truth is, tomorrow morning you'll be making sure



and specify that interest is only to be credited at maturity. Because this won't happen until 1991, you don't have to report the interest before April 1992—or whenever you file your return for the 1991 tax year.

Tip: For an even longer delay, look into Series EE U.S. Savings Bonds. Interest is taxable only when the bonds are cashed in or reach maturity (unless you elect to pay tax currently). The idea here is to hold the bonds until after retirement, when you reasonably expect to be in a lower tax bracket.

Tip: If you live in a high-tax state and have at least $10,000 to invest, consider Treasury bills instead of CDs or EE savings bonds. T-bills are sold with maturities of up to one year. Interest builds up through the period, but you won't owe federal tax until the bill matures—1991, if you buy a one-year bill now. Better yet, the income on T-bills is exempt from state and local taxes. That could mean a savings of $90 or so at recent rates in some areas.

3. Take out a home-equity loan.

For 1990, only 10 percent of the interest that you pay on consumer debt is tax deductible, and there is no deduction beginning with 1991. That makes credit-card and many other kinds of loans all the more expensive for you.

But homeowners can borrow up to $100,000 on a home-equity line of credit (or mortgage refinancing) and deduct all of the interest. It could well make sense for you to use home-equity credit to pay off your other loans.

Prompt action in early 1990 can save you a bundle in taxes all year long. One or more of these 10 tips could fit your situation neatly.

Tips: Rates on many home-equity loans are variable, not fixed, and your home is on the line, so proceed cautiously. Take advantage of new consumer-protection rules that make terms easier to decipher and compare among lenders. Before signing up, be sure you understand payment terms, how rates are figured, and the potential risks. Keep in mind that up-front fees and other costs could greatly limit the tax advantages, especially with smaller loans. Look for a rate cap—typically, 5 or 6 percent over the lifetime of the loan. Also, be wary of balloon-payment deals, where a large sum must be paid when the loan matures.

4. Reduce overwithholding on your paycheck.

Do you receive a large tax refund each year? If so, you are making a costly mistake. The refund is money you have loaned to Uncle Sam interest free. Wouldn't you rather have that cash in your paycheck to pay bills during the year, or simply to put in the bank? Ask your payroll department for Form W-4. Follow the instructions, claim the maximum num-

continued on page 73

ain. And Citrus Hill Plus Calcium can
p. It's 100% pure orange juice with the
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unce for ounce, it has the same amount
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Calcium and Teens
olescence is a time of rapid
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5-19 get less calcium than they
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one development, but lead to
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an adolescent's calcium RDA,
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ery Safari now offers a
ard four-wheel anti-lock
system...an industry first.
ur mid-size van is just as
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s to the standard 150
power of our 4.3-liter
c V-6.
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ded model, with ten addi-
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continued from page 71

ber of withholding allowances to which you are entitled, and return the form to the payroll department. Your take-home pay should increase shortly.

5. Consider filing separately.

If you and your spouse both had income last year, and one has deductible medical or miscellaneous expenses, you may save by filing separate returns for 1989. Even if you don't save on federal taxes, you may come out ahead with state taxes. Figure the numbers both ways.

6. Look at tax-exempt bonds.

Review the amount of tax you pay on your bank accounts or money market funds, then consider buying tax-exempt municipal bonds. For a taxpayer in the 28-percent bracket, a 7-percent tax-free yield is the equivalent of about 9.7 percent in taxable yield; for the 33-percent bracket, about 10.5 percent.

Proper record-keeping and planning are key tax strategies. They'll minimize the chances of mistakes that could cost you lots of money and hassle.

7. Maximize 401(k) deductions.

If your company offers a 401(k) plan, you can set aside about $8,000 of pretax income. To sweeten the deal, two out of three employers will match a portion of your contribution. Not only do you avoid immediate tax on the amount you defer into the plan; investment income on your contribution also builds tax free, until you withdraw it.

8. Make an IRA contribution.

If you are not covered by a company or union pension plan, you can deduct up to $2,000 a year for contributions to an individual retirement account (IRA). Even if you participate in a company or union plan, you can still make a $2,000 deductible IRA contribution if your adjusted gross income does not exceed $25,000 ($40,000 if you are married and file jointly). Between $25,000 and $35,000 of income ($40,000 and $50,000 for a married couple), you can still get a partial deduction. As with the 401(k) plan, you avoid current tax and get a tax-free buildup on investment income until you withdraw it.

Tip: Even if your income precludes a direct deduction, an IRA contribution still may make sense because of the tax-sheltered build-up.

Tip: You don't have to make your IRA contribution all at once. You can spread it out over the year.

Tip: It is not too late to make an IRA contribution for 1989. You have until April 16, 1990, but be sure to specify that it is for 1989.

9. Start your own business.

Do you enjoy helping neighbors with home repairs or have a hobby that could produce income? Consider turning the activity into a business. The law does not require you to show a profit, but to be able to deduct losses, the venture must be engaged in for profit.

If the business showed a profit in three out of the last five years, you are presumed to pass the for-profit test. Even if you don't meet this three-of-five rule, you can still offset losses against other income by clearly showing that you engaged in the activity for profit. The key factors are the time and effort devoted to the business and the manner in which you conduct the activity. In other words, are you operating the venture in a businesslike manner?

Deductible business expenses include travel, meals (limited to 80 percent of cost), tools and equipment, supplies, and repairs. You may even be able to hire your kids to clean up the workplace, do filing, or other tasks.

10. Don't procrastinate.

You'll have most of the information you need by early February to prepare your tax return—for example, wage statements, interest and dividend reports, and canceled checks to back up deductions. Why wait until April?

You could be ahead of the game in a number of ways. Whether you do the return yourself or hire a professional, working against a deadline increases your chances of missing a deduction or making other mistakes. Tackling the return in February may ease the stress of doing taxes. Finally, an early filing could result in your getting any refund due 10 to 12 weeks sooner than will a last-minute filing.

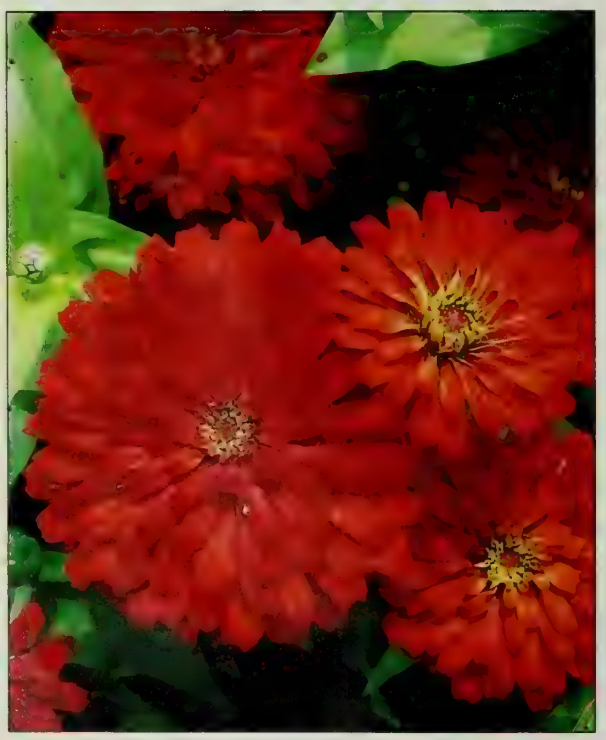
—Attorney Sidney Weinman is a senior editor with the Research Institute of America and once served as a staff counsel for the IRS.

OUR PICKS FOR 1990

NEW VEGETABLES AND FLOWERS YOU CAN GROW

Every summer we grow a variety of award-winning flowers and vegetables and measure their performance in our Test Garden. Here's our report card for 1990.

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON



SCARLET SPLENDOR ZINNIA

Hot, dry weather won't stop Scarlet Splendor zinnia from producing masses of fiery red, semiruffled, 5-inch-wide flowers. Our Test Garden plants were in almost constant bloom. Scarlet Splendor is ideal for small gardens because it grows only 2 feet tall.

POLO BURGUNDY STAR PETUNIA

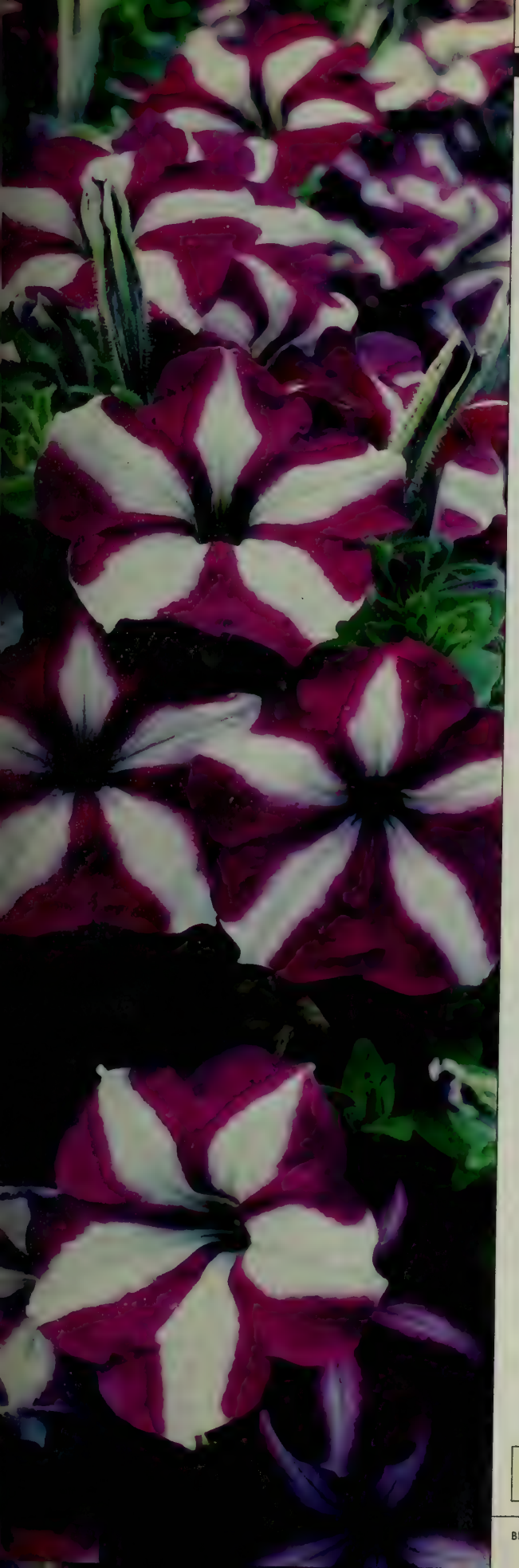
The sky's the limit when you grow Burgundy Star petunia. Vigorous and versatile, the plants thrive in pots, hanging baskets, or borders. Burgundy Star also is heat and drought resistant. Our Test Garden plants survived 100-degree temperatures with flying colors.



PHOTOGRAPHS THIS PAGE: PETER KRUMHARDT

POLO SALMON PETUNIA

In our Test Garden trials, Polo Salmon outbloomed all other petunia varieties, with the exception of its cousin Polo Burgundy Star. The never-fade, 2-inch-wide salmon blooms are resistant to heat, drought, insects, and wind. Give Polo Salmon and Polo Burgundy Star an indoor start.



JOLLY JOKER PANSY

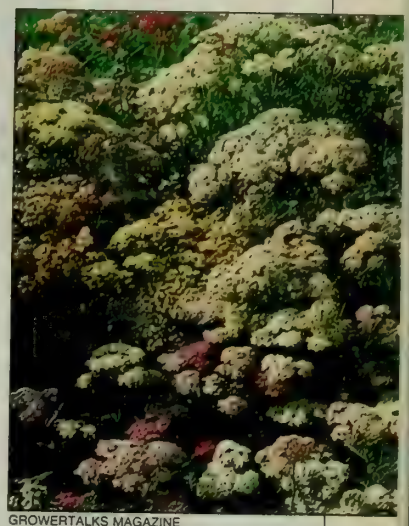
You can't help but smile when Jolly Joker bursts into bloom. Each 6-inch-tall plant produces waves of showstopping orange and purple flowers. Hot weather slows their performance, so sow seeds early for maximum bloom. We started our plants indoors in early March and moved the young seedlings to the Test Garden in mid-April. Jolly Joker will grow in either full sun or partial shade.



PETER KRUMHARDT

SUMMER PASTELS ACHILLEA

Summer Pastels achillea, often called yarrow, is one of the fastest growing perennials we've ever seen. We sowed seeds in our greenhouse in mid-March, moved the plants into the Test Garden in early May, and harvested our first flowers on the 4th of July. One packet of seeds will produce cream, yellow, lavender, rose, and white flowers. Summer Pastels can be used in both fresh and dried arrangements.



GROWERTALKS MAGAZINE

CASTLE PINK CELOSIA

When you're planning this year's flower garden, don't overlook Castle Pink celosia. Its cotton-candy-pink plumes are a sweet treat no garden should be without. The flowers don't fade in hot sun and can be clipped and dried for winter bouquets. In fact, the more you clip Castle Pink, the more flowers it will produce. Castle Pink grows 12 to 14 inches tall.



ALL-AMERICA SELECTIONS

TO ORDER FLOWER SEEDS, SEE PAGE 116.

continued on page 76

continued from page 75

SUN DROPS SQUASH

If you're short on garden space, make room for Sun Drops summer squash. The compact vines require only a few square feet to produce bumper crops of oval yellow fruit. Sun Drops matures in about 50 days. Sow seeds of Sun Drops outdoors after all danger of frost has passed. As the seedlings develop, thin them to stand 24 inches apart.



TO ORDER ALL-AMERICA VEGETABLE SEEDS, SEE PAGE 116.



ALL-AMERICA SELECTIONS

SUPER CAYENNE PEPPER

Super Cayenne pepper is so colorful you may be tempted to grow this newcomer in your flower garden instead of the vegetable patch. Its fiery hot, 4-inch-long peppers can be harvested green or after they've ripened to a spectacular fire-engine red. Super Cayenne grows 2 feet tall. Start pepper seeds indoors and move the plants to your garden after frost danger has passed.



ALL-AMERICA SELECTIONS

CREAM OF THE CROP SQUASH

Maturing in just 85 days, Cream of the Crop winter squash is an excellent variety for northern gardeners with short growing seasons. The white, acorn-shape fruit weighs about 2 pounds and has a delicious golden flesh. Cream of the Crop is a snap to harvest because the white fruit shows through the foliage. This new squash also receives high marks for its long storage life.



DERBY GREEN BEAN

Tender! That's the best way to describe Derby green bean. Unlike other green beans that get tougher as they get older, Derby beans are still delicious even when the pods get to be 6 or 7 inches long. This excellent keeping quality assures you of longer, tastier harvests. Derby is resistant to common bean mosaic virus. Sow seeds two inches deep after all danger of frost has passed.



PHOTOGRAPH: KARLIS GRANTS, FIELD EDITOR: CATHY HOWARD

BLUE-RIBBON FLORIBUNDA ROSE

Since 1939 the All-America Rose Selections has been evaluating new roses in test gardens across the country. This year they've given their coveted green and white seal of approval to a spirit-lifting floribunda named Pleasure.

PLEASURE

Here's a new rose that lives up to its name. Pleasure is a delight to grow, with 4-inch-wide, coral-pink flowers from spring till frost. The 3-foot-tall plants are relatively disease resistant, especially to mildew and rust. Pleasure has little fragrance, but its lovely blooms make up for this one weakness.

Buying information, see page 112.



Garden Editor, Doug Jimerson, tends the Test Garden.

We're gearing up for another season in the Better Homes and Gardens® *Test Garden! Before digging into spring planting, we'd like to review for you what we learned from last year's garden.*

● **Start cool-season flowers** and vegetables early indoors. We planted seeds of lettuce, broccoli, leek, cabbage, onion, calendula, pansy, and snapdragon in our greenhouse in early March. The seeds were sown in open flats filled with a sterile seed-starting mix. By mid-April most of the young plants were large enough to be transplanted into the Test Garden.

● **Mulch creeping plants** like thyme, moss phlox, or sanvitalia with cocoa bean hulls. We discovered that these small, dark brown hulls were the easiest mulch to use around fine-leaved plants. Larger mulching materials like shredded bark, leaves, or straw smothered our low-growing plants. You can buy cocoa bean hulls at your garden center.

● **Feed your flowers,** vegetables, and roses with a liquid plant food every two weeks during the spring and summer. We use a variety of products, including Miracle Grow, Peter's Professional Plant Food, and FoliaGro, a seaweed-based plant food.

● **Don't panic if insect pests** invade your garden. First, identify the pests and, if possible, remove them by hand. To control larger infestations without resorting to chemicals, use one of the many biological controls currently on the market. Safer Insecticidal Soap is one of the best for aphids, whiteflies, spider mites, earwigs, and other pests. It's available at garden centers and nurseries. Or, write Ringer, 9959 Valley View Rd., Eden Prairie, MN 55344-3585.

● **Save water and time** with a drip irrigation system hooked up to a timer on your faucet. A drip irrigation system is preferable to a standard garden sprinkler because the drip system delivers water directly to the root zones of the plants without runoff or evaporation. The timer ensures that your garden is neither under- nor overwatered.

● **Clip annual flowers** for indoor bouquets whenever you need them. Many species, especially plants like zinnia, snapdragon, cosmos, globe amaranth, aster, tithonia, salvia, strawflower, statice, and pansy, will actually produce more bloom if you remove the flowers before they fade.

240 CALORIES
Helps You Limit Cholesterol, Sodium & Fat

FAT
sodium
calories
CHOLESTEROL



Yes, every Le Menu® LightStyle variety has fewer than 300 calories, but calories aren't all that count. So every Le Menu® LightStyle contains no more than 10 g of fat and 100 mg cholesterol.

For sodium watchers, each variety has no more than 900 mg sodium.



Eating right shouldn't leave a bad taste in your mouth.

It's not easy to limit fat, sodium and cholesterol and bring out all the delicious, natural flavor in food. Especially when keeping it all under 300 calories. But that's why Le Menu® LightStyle was created. With the proper approach to cooking, eating right can always taste delicious.

Eating right should be a joy, not a chore. That's why our *Herb Roasted Chicken* starts with tender chicken breast, enhanced by a delicate sauce and seasoned with parsley. A pinch of paprika on the Dutchess potatoes instead of butter keeps cholesterol down and adds a zesty flavor. And the French green beans are enlivened with mushrooms for a contrast in both taste and texture. After all, life is too short not to enjoy what you eat.



LE MENU® LightStyle

©1989 Campbell Soup Company.

Eating right was never so delicious.

BY LISA HOLDERNESS

20 MIGHTY MEALS

ALL RECIPES LESS THAN 300 CALORIES

LOW IN FAT

READY IN 20 MINUTES

YOUR FAMILY WILL LOVE THEM!

Mighty meals are here to save the day, and your family's health.

If you're like most families, coming up with great-tasting, healthful meals that fit a busy schedule is a challenge. Too many cook-quick recipes rate poorly when it comes to good nutrition. To meet that challenge, we created 20 super recipes for hectic weekdays. Each makes eating right more delicious, and a lot easier.



1 SUPER-EASY SAUCE

GLAZED CHICKEN AND GRAPES

239 cal. (12% from fat), 3 g fat

This glistening wine and grape sauce uses apple jelly as an instant thickener.

Recipes begin on page 88.

continued on page 80

continued from page 79

GOOD AND PLENTY SALADS

KNOW YOUR NUMBERS

Dietary needs vary from person to person. These "rules of thumb" are for moderately active women 23 to 50 years old. In general, teens, pregnant women, and men need more calories. Older men and women may require fewer calories. There's no harm in going over or under these figures in any single day, but aim for a balanced diet overall.

Calories 2,000
Fat no more than 67 grams (30% of total calories)
Sodium 1,100–3,300 milligrams
Protein 45–65 grams
Cholesterol 300 milligrams
Fiber 20–30 grams



2 BEANS GALORE

HOT GERMAN BEAN SALAD
234 cal. (14% from fat), 4 g fat
Loaded with fiber and that German sweet-and-tangy flavor!

3 SIMPLE SEAFOOD

PAELLA SALAD
237 cal. (7% from fat), 2 g fat
Toss shrimp with quick-cooked rice for this Spanish-style salad.

4 FRESH TASTE

MINTED HAM SALAD
234 cal. (27% from fat), 7 g fat
Choose low-fat cheese and extra-lean ham for this slimming salad.

SAVE-THE-DAY SUPPERS

5 JUST 4 INGREDIENTS

MEXICAN TURKEY ROLLS

222 cal. (14% from fat), 4 g fat

Turkey breast stuffed with peppers and slathered with salsa and cheese. Low calorie? You bet!



6 LESS THAN 200 CALORIES

ZESTY 'FRIED' CHICKEN

158 cal. (18% from fat), 3 g fat

One bite of this spiced-up chicken and you'll forget about the Colonel's.





7 SAY YES TO BURGERS!

JOHNNY APPLESEED BURGERS

239 cal. (25% from fat), 7 g fat

These tasty burgers take less time to serve than running out for fast food.



8 EXTRA-ENERGY PASTA

EASY ITALIAN VERMICELLI

265 cal. (18% from fat), 5 g fat

Load up on authentic Italian flavor and energizing carbohydrates, all in the same delicious dish.

Recipes begin on page 88.



continued from page 81

HOW LEAN IS LEAN?

The best path to a healthful diet is a low-fat one. We suggest that no more than 30 percent of your daily calories come from fat. The easiest way to do this is to choose from these quick, delicious recipes—each has less than 30 percent fat per serving. Another way to minimize fat is to lean on lean foods every day. Remember, low-fat foods balance higher fat ones.

To figure your daily fat intake, keep track of the total calories and grams of fat in the foods you eat. Then use this formula to figure the percent of fat in your diet:

Total fat calories = total fat (in grams) × 9 (9 is the number of calories in 1 gram of fat)

Percent of calories from fat = (total fat calories ÷ total calories) × 100

Recipes begin on page 91.

JUST-FOR-TWO ENTRÉES

9 SUPER-LOW SODIUM

PLUM CHICKEN KABOBS

260 cal. (12% from fat), 3 g fat

Stir together plum sauce and vinegar for a quick glaze that tastes so great you won't miss the salt.

10 CHOLESTEROL BUSTER

SWORDFISH MARGARITA

180 cal. (23% from fat), 5 g fat

Stock up on omega-3. Swordfish is a good source for this fatty acid, known to reduce blood cholesterol.

SOMETHING-SPECIAL DINNERS

11 GO MEATLESS

MANDARIN TOFU STIR-FRY

297 cal. (23% from fat), 8 g fat

This sweet-and-sour garden dish gets most of its protein from tofu.

12 NEXT TO NO FAT

MOROCCAN-STYLE FISH

202 cal. (1% from fat), 1 g fat

Trim fat to the bone with fish in a spiced dried-fruit sauce.

13 LIGHT AND LEAN

MUSHROOM-SAUCED PORK

147 cal. (20% from fat), 3 g fat

Using lean pork tenderloin, you can feel good about eating meat.



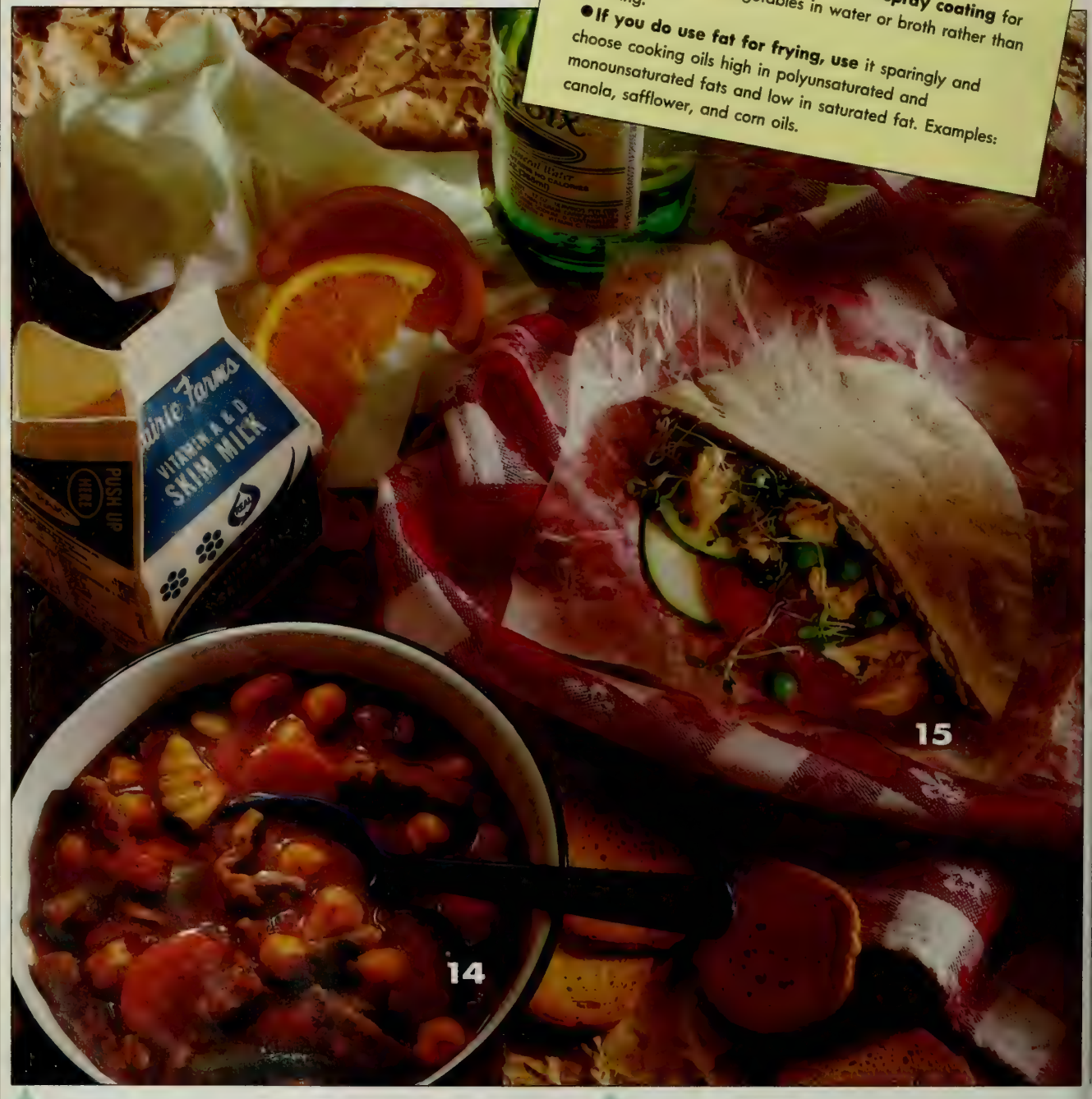
continued from page 83

SUPER SOUPS AND SANDWICHES

MEAN AND LEAN COOKING TIPS

Shedding unwanted fat can be as simple as changing your cooking habits. These tips can make a difference!

- **Trim all excess fat** from meat and remove the skin from poultry before cooking.
- **Broil, poach, grill, bake, or microwave** meats and vegetables to keep fat to a minimum.
- **To roast meat, place** it on a rack so that the fat drips away from the meat.
- **Use a nonstick skillet or nonstick spray coating** for frying. Or, simmer vegetables in water or broth rather than sautéing.
- **If you do use fat for frying, use** it sparingly and choose cooking oils high in polyunsaturated and monounsaturated fats and low in saturated fat. Examples: canola, safflower, and corn oils.



14 BROWN BAGGIN' IT

HOT-LUNCH STEAK STEW

258 cal. (19% from fat), 5 g fat

Just fix and freeze. Pack this stew in an insulated bag or on ice. At lunchtime, micro-thaw and heat.

15 A TERRIFIC TOTABLE

SALMON-STUFFED PITA BREAD

205 cal. (29% from fat), 7 g fat

Lighten up your lunch box with this salmon-fresh vegetable pita, seasoned with low-calorie dressing.

16 LOW-CALORIE PIZZA

SUPER PIZZA TOSTADAS

236 cal. (22% from fat), 6 g fat

Eating healthfully means enjoying pizza, too. Try our simple tostada-style version.



17 ONLY 5 INGREDIENTS

JAPANESE TORTELLINI SOUP

269 cal. (19% from fat), 6 g fat

When your tummy yearns for rich chicken soup, this easy stuffed-pasta rendition will win you over.







18 MICROWAVE QUICK

MANHATTAN FISH CHOWDER

177 cal. (8% from fat), 2 g fat

This glorious tomato chowder takes only 15 minutes from start to finish, cooked in the microwave.

19 6 SATISFYING LAYERS!

SUPER SUBMARINES

270 cal. (20% from fat), 6 g fat

Squelch your craving for a hearty sandwich; layer low-fat cheeses, vegetables, and meat on crusty bread.

Recipes begin on page 94.

continued from page 85

ANY-TIME BREAKFAST



20 EGG LOVER'S DREAM

SAUSAGE AND CHEESE SCRAMBLE

254 cal. (27% from fat), 8 g fat

Enjoy this dish guilt free. It uses more egg whites than yolks and turkey sausage to cut fat.

LOW-FAT CHOICES FOR HIGH-FAT FOODS

You can still choose favorite high-fat foods in moderation. Use these tips to make leaner decisions.

● **Substitute egg whites for whole eggs—**

Baked goods and other recipes that use eggs for leavening:

2 whites = 1 whole egg

Scrambled eggs: 2 whites + 1 egg = 2 eggs

● **Choose from these extra-lean cuts of meat—**

Beef: Round, sirloin, chuck, and loin.

Pork: Loin and leg cuts

Lamb: Leg cuts, arm, and loin

● **Lighten up with low-fat dairy products—**

Cheese: Look for part-skim or low-fat cheeses with less than 6 grams fat per ounce. Also, try low-fat cottage cheese, sour cream, and cream cheese.

Milk: Choose skim or 1 percent milk

Yogurt: Nonfat or low-fat, regular and frozen

Buying Information, see page 112.

NUTRITION INFORMATION

HOW TO MAKE IT WORK

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

● When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

● We omit optional ingredients from the nutrition analysis (such as garnishes or serving suggestions).

● When ingredient options appear in a recipe (such as margarine *or* butter), we use the first ingredient mentioned for the analysis. The ingredient order does not mean we prefer one ingredient or the other.

● We use the first serving size listed.

WHAT YOU NEED

● Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare (see page 80).

● Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

Recipe begins on page 97.

How people react to Campbell's® Special Request® Soups with ⅓ less salt.



Tomato

Cream of Mushroom

Vegetable



Chicken with Rice

Vegetable Beef

Cream of Chicken



Bean with Bacon

Chicken Noodle

Empty bowls. Satisfied soup lovers. Campbell makes all 8 Special Request Soups unstoppably delicious. Each bowl full of rich stock and satisfying staples, like vegetables, noodles, meat and rice, is an empty bowl waiting to happen. And all that great taste happens with ⅓ less salt than our regular soups.

M'm! M'm! Good!®

'89 Campbell Soup Company

For people on salt-restricted diets Campbell also makes six Low Sodium soups.

continued from page 86

MICROWAVE NOTE

Our microwave recipes are thoroughly tested in a variety of microwave ovens, including high-wattage (600 to 700 watts) and low-wattage (400 to 500 watts) ovens. If the low-wattage cooking times differ from the high-wattage times, they appear in parentheses.

GLAZED CHICKEN AND GRAPES

Skinned, boneless chicken breast halves make great timesavers. They come ready-to-use with only 3 grams of fat—

4 skinned, boneless large chicken breast halves (about 1 lb. total)
Nonstick spray coating
¾ cup seedless red grapes
3 parsley sprigs
⅓ cup apple jelly
2 Tbsp. dry sherry
2 tsp. lemon juice
¼ tsp. salt

● **Wash chicken;** pat dry. Spray a cold large skillet with nonstick coating. Heat skillet over medium-high heat. Add chicken to skillet. Cook for 8 to 10 minutes or till no longer pink, turning once during cooking. Transfer chicken to serving plates. Cover to keep warm.

● **Meanwhile, cut the grapes** in half lengthwise and snip the parsley.

● **Add apple jelly,** sherry, lemon juice, and salt to skillet. Cook and stir till jelly is melted. Add grapes and parsley. Heat through. Spoon over chicken. Makes 4 servings.

Nutrition information per serving: *239 cal., 27 g pro., 24 g carbo., 3 g fat (1 g sat. fat), 72 mg chol., 202 mg sodium, 307 mg potassium. U.S. RDA: 59% niacin.*

HOT GERMAN BEAN SALAD

This off-the-shelf dinner nutritiously revamps German potato salad. Fiber-rich beans and lean chicken take the place of potatoes and bacon—

Nonstick spray coating
1 medium carrot, chopped
½ of a small red onion, chopped
1 stalk celery, sliced
½ cup water
¼ cup vinegar
1 Tbsp. sugar
1 Tbsp. cornstarch
1 tsp. instant beef bouillon granules
¼ tsp. celery seed
1 15-oz. can black beans, rinsed and drained
1 8-oz. can red kidney beans, drained
1 5-oz. can chunk-style chicken
4 large lettuce leaves, washed
1 red onion, cut in half and sliced (optional)

● **Spray a cold large skillet** with nonstick coating. Heat skillet over medium-high heat. In hot skillet stir-fry carrot, onion, and celery for 2 minutes. Remove from heat.

● **In a small bowl stir together** water, vinegar, sugar, cornstarch, beef bouillon granules, and celery seed. Add to skillet. Cook and stir over medium-high heat 1 to 2 minutes or till mixture is thickened and bubbly.

● **Stir in** black beans, kidney beans, and chicken. Cook 2 to 3 minutes or till heated through, stirring occasionally.

● **Meanwhile, arrange** lettuce leaves on individual serving plates. Serve bean mixture atop. Garnish with red onion. Makes 4 servings.

Nutrition information per serving: *234 cal., 17 g pro., 34 g carbo., 4 g fat (1 g sat. fat), 22 mg chol., 484 mg sodium, 634 mg potassium, and 11 g dietary fiber. U.S. RDA: 106% vit. A, 18% thiamine, 16% niacin, 18% iron.*

PAELLA SALAD

Quick-chill the shrimp mixture in your freezer while you rinse the lettuce and cut the tomato—

1 cup water
1 cup quick-cooking rice
1 tsp. instant chicken bouillon granules
¼ tsp. ground turmeric
2 6-oz. pkg. frozen, peeled, cooked shrimp
1 10-oz. pkg. frozen peas with pearl onions
⅓ cup reduced-calorie Italian salad dressing
⅛ tsp. ground red pepper
Bibb lettuce leaves
Tomato wedges

● **In a small saucepan heat** water to boiling. Stir in rice, bouillon granules, and turmeric. Remove from heat. Cover and let stand for 5 minutes.

● **Meanwhile,** in a 2-quart microwave-safe casserole or bowl micro-cook the shrimp and peas with onions, covered, on 100% power (high) for 3 minutes, stirring once. Drain, if necessary.

● **Add hot rice,** salad dressing, and red pepper to shrimp mixture; toss to coat well. Place in freezer for 5 minutes or till chilled, stirring occasionally. Serve on lettuce-lined plates and garnish with tomato. Makes 4 servings.

Nutrition information per serving: *237 cal., 23 g pro., 31 g carbo., 2 g fat (0.4 g sat. fat), 166 mg chol., 611 mg sodium, 364 mg potassium, and 3 g dietary fiber. U.S. RDA: 16% vit. A, 17% vit. C, 24% thiamine, 22% niacin, 26% iron.*

MINTED HAM SALAD

Save yourself a step and pick up chopped fresh vegetables at your supermarket salad bar—

1 8-oz. carton plain low-fat *or* nonfat yogurt
1 Tbsp. skim milk
2 tsp. horseradish mustard
1 tsp. dried mint *or* basil, crushed
⅛ tsp. onion powder
3 cups assorted cut-up fresh vegetables
1 lb. extra lean, fully cooked boneless ham
½ cup (2 oz.) shredded low-fat cheddar cheese
Fresh mint leaves (optional)

● **In a large bowl combine** yogurt, milk, mustard, mint or basil, and onion powder. Add assorted vegetables and toss to coat. Cover vegetable mixture and place in freezer while preparing the remaining ingredients.

● **Cut ham** into ½-inch cubes. Add ham and cheese to vegetable mixture; toss to mix. Serve immediately or chill overnight. Garnish with fresh mint. Makes 4 servings.

Nutrition information per serving: *234 cal., 29 g pro., 14 g carbo., 7 g fat (3.5 g sat. fat), 58 mg chol., 1,524 mg sodium, 691 mg potassium, and 3 g dietary fiber. U.S. RDA: 96% vit. A, 83% vit. C, 14% riboflavin, 26% calcium, 10% iron.*

MEXICAN TURKEY ROLLS

Microwave cooking saves time and keeps the turkey steaks moist without additional fat—

4 turkey breast tenderloin steaks (1 lb. total)
1 4-oz. can diced green chili peppers, drained
½ cup (2 oz.) shredded low-fat cheddar cheese
1 8-oz. jar red salsa

● **To assemble turkey rolls, lay** turkey steaks flat. At one end of *each* turkey steak place *one-fourth* of the diced chilies and *1 tablespoon* of the cheese. Carefully fold each turkey steak in half over the chilies and cheese; fasten to the other end with a wooden toothpick.

● **Arrange the turkey steaks** in an 8x8x2-inch microwave-safe baking dish so that the fold of each turkey portion is facing toward the outside of the dish. Cover with vented microwave-safe plastic wrap. Micro-cook on 100% power (high) for 5½ to 7 minutes (low-wattage ovens: 10 to 12 minutes) or till turkey is no longer pink, giving the dish a half-turn once. Drain the liquid from dish and discard.

continued on page 90

The tingly tang of cheddary Cheez Whiz goes great on...



☐



☐



☐

☑ All of the above.

The marvelous microwave in-a-minute cheese sauce.



al cooking time 1-1½ minutes for 8 oz. jar.

KRAFT © 1989 Kraft, Inc.



We don't know why it's called chili sauce, either.

What's in a name?

Try chunks of fresh tomatoes. The sweetest onions. And a blend of mild spices that brings a tangy taste to all of your favorite recipes.

That's our Heinz Chili Sauce.

Call it what you will. You'll make a name for yourself with every meal you make.

Garden Vegetable Dip

1 package (8 ounces) cream cheese, softened
⅔ cup Heinz Chili Sauce
2 tablespoons minced fresh onion
½ teaspoon chili powder (optional)
¼ teaspoon salt
⅛ teaspoon pepper
Chilled fresh vegetables
Potato or tortilla chips



In bowl, beat cheese until fluffy; blend in chili sauce and remaining ingredients. Cover; chill. Serve with chilled fresh vegetables or chips. Makes about 1⅔ cups.

Note: To soften cream cheese, Microwave at MEDIUM (50%) 1 minute.

For your FREE Heinz Chili Sauce Recipe Booklet, just write: Heinz U.S.A. P.O. Box 1153, Boston, MA 02277-1153.

Heinz
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continued from page 88

● **Spoon salsa** atop turkey steaks; sprinkle with remaining cheese. Cook, uncovered, on high about 2 minutes more (low wattage ovens: 3 minutes) or till cheese is melted. Makes servings.

Nutrition information per serving: *222 cal., 39 g pro., 6 g carbo. 4 g fat (2 g sat. fat), 103 mg chol., 877 mg sodium, 518 mg po tassium, and 2 g dietary fiber. U.S. RDA: 74% vit. A, 25% vi C, 15% riboflavin, 44% niacin, 15% calcium, 13% iron.*

ZESTY 'FRIED' CHICKEN

The cumin-spiked coating turns crunchy and golden on thi mock-fried chicken—

2 Tbsp. cornmeal
1 tsp. paprika
½ tsp. salt
½ tsp. garlic powder
½ tsp. pepper
¼ tsp. ground cumin
4 skinned, boneless large chicken breast halves (about 1 lb. total)
Nonstick spray coating

● **In a medium mixing bowl combine** cornmeal, paprika salt, garlic powder, pepper, and cumin.

● **Rinse chicken** (do not pat dry); coat chicken evenly on a sides with cornmeal mixture.

● **Spray a cold large skillet** with nonstick coating. Hea skillet over medium-high heat. Cook chicken for 8 to 1 minutes or till no longer pink, turning occasionally to brow evenly on all sides. Makes 4 servings.

Nutrition information per serving: *158 cal., 27 g pro., 4 g carbo 3 g fat (1 g sat. fat), 72 mg chol., 335 mg sodium, 249 mg pota sium. U.S. RDA: 59% niacin.*

JOHNNY APPLESEED BURGERS

You can have your burgers and eat 'em, too. We've cut out e tra fat by combining lean ground beef and ground turkey—

1 egg white
¾ cup chunk-style applesauce
⅓ cup fine dry bread crumbs
1 Tbsp. dried minced onion
¼ tsp. salt
½ lb. skinned, boneless turkey breast, ground
½ lb. 90% lean ground beef

• • •

Nonstick spray coating
1 small head leaf lettuce
2 small apples

● **Preheat the broiler.** Meanwhile, in a medium mixin bowl slightly beat egg white. Stir in *¼ cup* of the applesauc the bread crumbs, onion, and salt. Add turkey and beef; m well. Shape into five ½-inch-thick patties.

● **Spray cold rack** of unheated broiler pan with nonstic coating. Place patties on the rack. Broil 3 to 4 inches from th heat for 5 minutes. Turn over. Broil for 5 to 7 minutes mo or till meat is no longer pink.

● **Meanwhile, in a small saucepan** heat the remaini applesauce. Chop the leaf lettuce into thin strips. Slice th apples into wedges. Serve each patty on a bed of choppe lettuce along with warm applesauce and apple wedge Makes 5 servings.

Nutrition information per serving: *239 cal., 23 g pro., 22 carbo., 7 g fat (2 g sat. fat), 65 mg chol., 214 mg sodium, 448 m potassium, and 3 g dietary fiber. U.S. RDA: 12% vit. C, 20 riboflavin, 38% niacin, 14% iron.*

BUYING GROUND TURKEY

Because there are no official standards for the amount of fat in ground turkey, it may not be as lean as you think. Compare:

Skinned, boneless turkey breasts, ground (3 oz.): *114 cal., 0.6 g fat, 0.2 g sat. fat; 5% of cal. from fat.*

Purchased ground turkey (3 oz.): *197 cal., 12 g fat, 3 g sat. fat; 56% of the cal. from fat. Values may vary from brand to brand.*

Extra-lean ground beef (3 oz.): *232 cal., 14 g fat, 5 g sat. fat; 54% of the cal. from fat.*

To test the ground turkey recipes in this story, we bought skinned, boneless turkey breast and asked the butcher to grind it (you can also grind it yourself). This way may be a little more expensive than buying preground turkey. The recipes also work well with preground turkey. The choice is yours.

EASY ITALIAN VERMICELLI

4 oz. vermicelli *or* fine noodles
½ lb. boneless beef top round steak
Nonstick spray coating
½ of a medium onion, chopped
1 14½-oz. can tomato wedges
1 9-oz. pkg. frozen Italian-style green beans
1 4-oz. can sliced mushrooms, drained
½ of a 6-oz. can Italian-style tomato paste
½ tsp. fennel seed
¼ tsp. pepper
1 Tbsp. grated Parmesan cheese

● **Cook pasta** according to package instructions. Meanwhile, trim fat from meat. Thinly slice meat across the grain into bite-size strips.

● **Spray a cold large skillet** with nonstick coating. Heat the skillet over high heat. Add the meat strips and onion; stir-fry for 2 to 3 minutes or till the meat is brown.

● **Stir in** *undrained* tomatoes, green beans, mushrooms, tomato paste, fennel seed, and pepper. Bring to boiling. Reduce heat and simmer, uncovered, for 7 to 8 minutes or till slightly thickened, stirring frequently. Stir in Parmesan cheese. To serve, ladle meat mixture over pasta. Sprinkle with Parmesan cheese. Makes 4 servings.

Nutrition information per serving: *265 cal., 21 g pro., 35 g carbo., 5 g fat (2 g sat. fat), 63 mg chol., 506 mg sodium, 773 mg potassium, and 5 g dietary fiber. U.S. RDA: 31% vit. A, 35% vit. C, 29% thiamine, 21% riboflavin, 32% niacin, 10% calcium, 23% iron.*

PLUM CHICKEN KABOBS

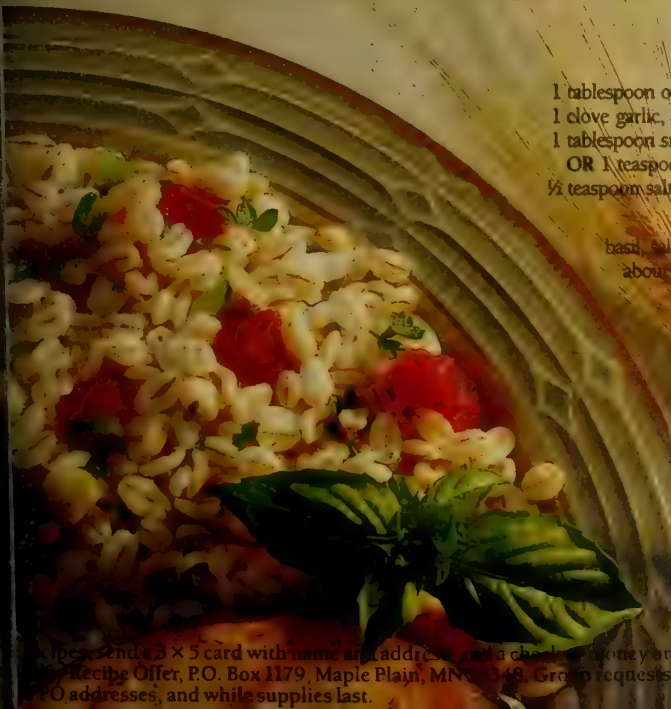
2 skinned, boneless large chicken breast halves (about ½ lb. total)
½ of an 8¼-oz. can pineapple slices, drained
½ cup plum sauce
1 Tbsp. vinegar
2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts

● **Cut each chicken breast half** into 4 lengthwise strips. Cut pineapple rings into quarters. Combine plum sauce and vinegar. Set aside.

continued on page 92

/HAT COOKS UP LIKE RICE, TASTES LIKE PASTA, ND HAS AS MUCH FIBER AS OAT BRAN?

nswer is simple. Quick Quaker® Barley. A delicious 1.7 oz. serving has as much soluble fiber as a 1.0 oz. serving of oat bran. 's more, it cooks in only 10 minutes. For whole-grain flavor, convenience, and nutrition, Quaker Barley is all you could ask for.



TOMATO-BASIL BARLEY PILAF

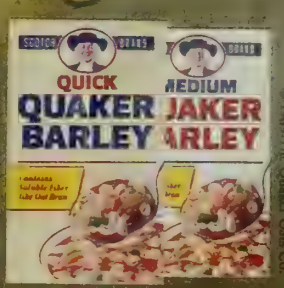
1 tablespoon olive or vegetable oil
1 clove garlic, minced
1 tablespoon snipped fresh basil or parsley OR 1 teaspoon dried basil or parsley
½ teaspoon salt (optional)
⅛ teaspoon pepper
3 cups cooked Quick or Medium Quaker Barley*
1 large tomato, chopped
½ cup sliced green onion OR ½ cup chopped green pepper

In a 3-qt. saucepan, saute garlic in oil over medium heat about 30 seconds. Add basil, salt and pepper, mixing well. Stir in barley, tomato and green onion; mix well. Cook about 3 minutes or until heated through. Serve immediately or cover and chill thoroughly. 5 SERVINGS.

*For extra convenience, cook barley ahead of time. Freeze; thaw as package directs

NUTRITION INFORMATION: Each serving (¾ cup) Calories 135; Carbohydrate 24g; Protein 4g; Fat 3g; Sodium 5mg; Cholesterol 0mg; Dietary Fiber 4g; Barley 1.0-oz.

Quick Quaker® Barley



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cipes: send a 3 × 5 card with name and address and a check or money order for 45¢ for postage and handling to: Recipe Offer, P.O. Box 1179, Maple Plain, MN 55348. Group requests not accepted. Offer good only in U.S.A. PO addresses, and while supplies last.

continued from page 91

● **Place vegetables** in a 1-quart microwave-safe casserole. Micro-cook, covered, on 100% power (high) for 4 to 5 minutes or till crisp-tender, stirring once. Toss *2 tablespoons* of the plum sauce mixture with vegetables. Cover and set aside.

● **Meanwhile,** on two wooden 10- to 12-inch skewers thread the chicken strips accordion-style around the pineapple. Place the kabobs in a 12x7½x2-inch microwave-safe baking dish. Brush the kabobs with *some* of the plum sauce mixture.

● **Micro-cook kabobs,** covered, on high for 1 minute. Give dish a half-turn and brush kabobs with sauce. Micro-cook, covered, on high for 2 to 3 minutes more or till chicken is no longer pink. Transfer vegetables and kabobs to a serving platter. Pass any remaining sauce. Makes 2 servings.

Note: This recipe is not recommended for low-wattage ovens.

Nutrition information per serving: *260 cal., 29 g pro., 29 g carbo., 3 g fat (1 g sat. fat), 72 mg chol., 109 mg sodium, 654 mg potassium, and 5 g dietary fiber. U.S. RDA: 220% vit. A, 47% vit. C, 13% thiamine, 14% riboflavin, 63% niacin, 12% iron.*

SWORDFISH MARGARITA

Cheers! This tangy fish dish uses the key ingredients, lime and tequila, that make the margarita so popular—

¾ cup water
1 tsp. instant chicken bouillon granules
¼ tsp. ground coriander
2 swordfish *or* tuna steaks (6 to 8 oz. total), ½ to 1 inch thick
1 medium lime
1½ tsp. cornstarch
1 tsp. sugar
Dash pepper
1 Tbsp. tequila
Fresh cilantro (optional)

● **For poaching liquid,** in a medium skillet combine water, bouillon granules, and coriander. Bring to boiling over high heat. Measure thickness of fish. Add fish to skillet. Spoon poaching liquid over fish. Reduce heat; simmer, covered, till fish just flakes with a fork (allow 4 to 6 minutes for each ½-inch thickness of fish). Using a slotted spatula, transfer fish from skillet to serving plates; cover and keep warm.

● **Meanwhile, cut the lime** *in half.* Using 1 half, finely shred *1 teaspoon* lime peel; set aside. From the same half, squeeze enough juice to make *1 tablespoon;* set aside. Slice remaining half of the lime; set aside.

● **For sauce,** measure poaching liquid; reserve *½ cup.* Discard remaining liquid. Combine lime juice, cornstarch, sugar, and pepper. Add to liquid in skillet along with the lime peel. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Stir in tequila. Drizzle sauce over fish. Serve with lime slices and cilantro. Makes 2 servings.

Nutrition information per serving: *180 cal., 23 g pro., 6 g carbo., 5 g fat (1.3 g sat. fat), 44 mg chol., 289 mg sodium, and 359 mg potassium. U.S. RDA: 10% vit. C, 55% niacin.*

MANDARIN TOFU STIR-FRY

Tofu takes on the flavors that you mix with it. Plus, it's high in protein, low in fat and calories, and cholesterol-free—

1 cup quick-cooking rice
1 lb. firm tofu (bean curd)
½ cup sweet-and-sour sauce
⅛ teaspoon ground red pepper
Nonstick spray coating
6 green onions, bias-sliced into 1-inch pieces
½ of a sweet red pepper, cut into strips (½ cup)
1 6-oz. package frozen pea pods
1 10½-oz. can mandarin orange sections, drained
2 Tbsp. unsalted dry roasted peanuts

● **Cook rice** according to package directions, omitting butter or margarine.

● **Meanwhile, press** excess moisture from tofu with paper towels. Cut tofu into ¾-inch cubes. Set aside. In a small bowl combine sweet-and-sour sauce and ground red pepper; set aside.

● **Spray a cold wok** or large skillet with nonstick coating. Heat wok or skillet over high heat. Stir-fry green onions and red pepper strips for 2 minutes. Push vegetables from center of wok.

● **Add sauce mixture and pea pods.** Cook and stir till sauce is bubbly. Carefully fold in tofu, orange sections, and peanuts. Cover and cook for 1 to 2 minutes more or till just heated through. Serve over rice. Makes 4 servings.

Nutrition information per serving: *297 cal., 14 g pro., 47 g carbo., 8 g fat, 0 mg chol., 125 mg sodium, 317 mg potassium, 4 g dietary fiber. U.S. RDA: 49% vit. A, 75% vit. C, 24% thiamine, 11% niacin, 19% calcium, 23% iron.*

MUSHROOM-SAUCED PORK

Dovetail your work: microwave a vegetable side dish while you cook these yogurt-sauced pork medaillons on the range top—

¾ lb. pork tenderloin
½ tsp. lemon pepper
Nonstick spray coating
⅓ cup plain nonfat yogurt
¼ cup dry white wine
¼ cup water
1 Tbsp. cornstarch
1 tsp. instant low-sodium beef bouillon granules
1 4-oz. can sliced mushrooms, drained
2 Tbsp. chopped green onion

● **Cut pork** crosswise into 8 slices Place each slice between 2 sheets of plastic wrap. Using the flat side of a meat mallet, pound slices to ¼-inch thickness; sprinkle with lemon pepper

● **Spray a cold large skillet** with nonstick coating. Heat skillet over medium-high heat. Add pork to skillet and cook for 4 minutes. Turn pork over and cook for 2 to 4 minutes more or till no pink remains. Transfer pork to a serving platter; cover and keep warm.

● **For sauce, combine** yogurt, wine water, cornstarch, and bouillon granules; add to skillet along with mushrooms and onion. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Serve sauce over pork Makes 4 servings.

Nutrition information per serving: *14 cal., 20 g pro., 6 g carbo., 3 g fat, 60 m chol., 243 mg sodium, 450 mg potass um. U.S. RDA: 42% thiamine, 19% r boflavin, 17% niacin.*

MOROCCAN-STYLE FISH

If using frozen fish, transfer fillets to th refrigerator the night before to thaw—

¾ cup low-sodium chicken broth
2 Tbsp. sodium-reduced soy sauce
2 tsp. cornstarch
½ tsp. five-spice powder
¼ cup mixed dried fruit bits *or* raisins
2 Tbsp. thinly sliced celery
1⅓ cups boiling water
⅔ cup couscous
1 Tbsp. snipped parsley
⅛ teaspoon salt
Nonstick spray coating
4 fresh skinless whitefish fillets (12 oz. total), ½ to ¾ inch thick

● **Preheat oven** to 450°. For sauce, i a small saucepan combine chicke broth, *1 tablespoon* of the soy sauc cornstarch, and five-spice powder. St in dried fruit bits or raisins and celer Cook and stir till thickened and bubbl Cook and stir for 2 minutes more. Co er sauce to keep warm.

● **In a medium mixing bowl combin** boiling water, couscous, parsley ar salt. Cover; let stand 5 minutes.

continued on page 9



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continued from page 92

● **Meanwhile, spray** a 12x7½x2-inch baking dish with nonstick coating. Measure thickness of fish fillets. Place fillets in baking dish. Brush fish with remaining soy sauce. Bake in a 450° oven till fish just flakes with a fork (allow 4 to 6 minutes per ½-inch thickness of fish). Serve fish over couscous mixture. Ladle sauce atop. Serves 4.

Nutrition information per serving: *202 cal., 20 g pro., 27 g carbo., 1 g fat (0.5 g sat. fat), 37 mg chol., 370 mg sodium, 460 mg potassium, and 3 g dietary fiber. U.S. RDA: 14% niacin*

HOT-LUNCH STEAK STEW

½ lb. boneless beef top round steak
Nonstick spray coating
½ of a 16-oz. pkg. (2 cups) loose-pack frozen zucchini, carrot, cauliflower, lima beans, and Italian beans
1 14½-oz. can beef broth *or* one 13¾-oz. can reduced-sodium beef broth
1 tsp. Italian seasoning

• • •

1 15-oz. can tomato sauce with onion, celery, and green pepper
1 Tbsp. cornstarch
2 tsp. Worcestershire sauce
½ tsp. sugar
½ of a 15-oz. can garbanzo beans, drained

● **Trim fat** from meat. Thinly slice meat across the grain into bite-size strips. Sprinkle with pepper.

● **Spray a cold large skillet** with nonstick coating. Heat skillet over medium-high heat. Stir-fry meat for 1 to 2 minutes or till evenly browned.

● **Add vegetables,** broth, and Italian seasoning to meat; bring to boiling. Reduce heat. Cover; simmer 5 to 8 minutes or till vegetables are tender.

● **Meanwhile, stir together** the tomato sauce, cornstarch, Worcestershire sauce, and sugar; stir into the meat mixture. Cook and stir till mixture is thickened and bubbly. Cook and stir for 2 minutes more. Stir in garbanzo beans; heat through. Serve immediately or freeze.* Makes 4 servings.

***Note:** To tote for lunch, pour cooled stew into 4 microwave-safe, airtight containers; cool. Freeze for at least 6 to 8 hours or overnight till solid. Pack frozen stew in an insulated lunchbox or with an ice pack. To thaw and heat, micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till heated through, stirring once.

Nutrition information per serving: *258 cal., 22 g pro., 32 g carbo., 5 g fat (1.5 g sat.), 36 mg chol., 973 mg sodium, 954 mg potassium, and 3 g dietary fiber. U.S. RDA: 67% vit. A, 38% vit. C, 15% thiamine, 19% riboflavin, 26% niacin, 25% iron.*

SALMON-STUFFED PITA BREAD

1 6¾-oz. can skinless, boneless salmon, drained and flaked, *or* one 6½-oz. can tuna (water pack), drained and broken into chunks
½ cup loose-pack frozen peas, thawed
⅓ cup reduced-calorie clear Italian salad dressing
1 medium tomato
½ of a medium cucumber
2 large pita bread rounds, split crosswise

¼ cup soft-style cream cheese with chives and onion
½ cup alfalfa sprouts

● **In mixing bowl toss** salmon or tuna and peas with salad dressing. Thinly slice tomato and cucumber.

● **Spread inside of pita halves** with cream cheese. Divide salmon mixture, tomato, cucumber, and alfalfa sprouts between each of the 4 pitas halves. Serve immediately.* Makes 4 servings.

***Note:** For brown bagger's lunch, prepare as directed *except* divide salmon mixture, tomato, cucumber, and sprouts between 4 airtight containers. Chill overnight or up to 2 days. Spread each pita with cream cheese just before packing lunch. Wrap each pita in a small plastic bag. Carry 1 pita and 1 container of salmon mixture and vegetables in an insulated lunch box with an ice pack. At lunchtime, add salmon mixture and vegetables to pita.

Nutrition information per serving: *205 cal., 13 g pro., 23 g carbo., 7 g fat, 17 mg chol., 531 mg sodium, 285 mg potassium, 2 g dietary fiber. U.S. RDA: 12% vit. A, 15% vit. C, 12% thiamine, 10% riboflavin, 16% niacin, 10% iron.*

SUPER PIZZA TOSTADAS

6 6-inch flour tortillas
1 small green pepper
1 lb. skinned, boneless turkey breast, ground
½ tsp. dried Italian seasoning
¼ tsp. crushed red pepper (optional)
½ of a small head lettuce
1 medium tomato
1 8-oz. can pizza sauce
1 4-oz. can chopped mushrooms, drained
¾ cup shredded low-fat mozzarella cheese (3 oz.)

● **Turn oven** to 400°. Immediately place tortillas on a baking sheet, overlapping only as necessary. Bake about 10 minutes or till crisp and golden.

● **Meanwhile, cut** green pepper into bite-size pieces. In a 1½-quart microwave-safe dish crumble turkey. Add green pepper, Italian seasoning, and red pepper. Micro-cook, covered, on 100% power (high) 5 to 7 minutes or till turkey is no longer pink and green pepper is tender, stirring once. Drain.

● **Meanwhile, shred** lettuce and chop tomato; set aside. Stir pizza sauce and mushrooms into turkey mixture. Cook, uncovered, on high about 1 minute more or till mixture is heated.

● **For tostadas, divide** lettuce between tortillas. Spoon *one-sixth* of the turkey mixture (½ cup) onto each tortilla; sprinkle each with *one-sixth* of the cheese and tomato. Makes 6 servings.

Nutrition information per serving: *236 cal., 24 g pro., 22 g carbo., 6 g fat (2 g sat. fat), 56 mg chol., 451 mg sodium, 345 mg potassium, 2 g dietary fiber. U.S. RDA: 12% vit. A, 38% vit. C, 25% riboflavin, 49% niacin, 16% calcium, 14% iron.*

JAPANESE TORTELLINI SOUP

2 14½-oz. cans reduced-sodium chicken broth *or* regular chicken broth
1 10-oz. pkg. frozen Japanese-style stir-fry vegetables with seasonings
1 cup refrigerated *or* frozen cheese-stuffed tortellini
Several dashes bottled hot pepper sauce
1 9-oz. pkg. (2 cups) frozen diced, cooked chicken

continued on page 97

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continued from page 95

In a large kettle or Dutch oven mix chicken broth, seasoning packet from vegetables, tortellini, and hot pepper sauce. Bring to boiling. Add vegetables. Return to boiling; reduce heat. Simmer, covered, for 5 minutes.

● **Add chicken** and cook for 5 to 7 minutes more or till tortellini is al dente (tender but still slightly firm) and vegetables are tender. Makes 4 servings.

Nutrition information per serving: *269 cal., 31 g pro., 23 g carbo., 6 g fat (1 g sat. fat), 77 mg chol., 1,247 mg sodium, and 398 mg potassium. U.S. RDA: 21% vit. A, 30% vit. C, 30% thiamine, 30% riboflavin, 99% niacin, 12% calcium, 15% iron.*

MANHATTAN FISH CHOWDER

½ cup sliced green onion
¼ cup dry white wine *or* chicken broth
¾ lb. fresh fish fillets
1 24-oz. can vegetable juice cocktail
1 12-oz. can whole kernel corn with sweet peppers, drained
1 tsp. Worcestershire sauce
Several dashes bottled hot pepper sauce

● **In a 2-quart microwave-safe dish** combine onion and wine or broth. Micro-cook, covered, on 100% power (high) 2 minutes or till onion is tender. Meanwhile, cut fish into ¾-inch pieces.

● **Add fish,** vegetable juice, corn, Worcestershire sauce, and hot pepper sauce to onion mixture. Cook, covered, on high 8 to 10 minutes or till fish just flakes with a fork and mixture is heated, stirring twice. To serve, ladle into 4 soup bowls. Makes 4 servings.

Nutrition information per serving: *177 cal., 17 g pro., 24 g carbo., 2 g fat (.1 g sat. fat), 35 mg chol., 957 mg sodium, and 389 mg potassium and 1 g dietary fiber. U.S. RDA: 38% vit. A, 93% vit. C, 16% thiamine, 14% riboflavin, 29% niacin.*

SUPER SUBMARINES

⅓ cup low-fat ricotta cheese
1 Tbsp. grated Parmesan cheese
2 Tbsp. skim milk
½ tsp. Italian seasoning, crushed
⅛ tsp. garlic powder
½ of a small zucchini
1 medium tomato
½ of a small onion
1 6-oz. pkg. sliced Canadian-style bacon
1 lb. loaf French bread (about 15 inches long)

● **Preheat broiler.** In a small mixing bowl stir together ricotta cheese, Parmesan cheese, milk, Italian seasoning, and garlic powder. Set aside.

● **Thinly slice** zucchini, tomato, and onion. Cut bacon slices in half, crosswise. Slice bread in half horizontally. Reserve one half for another use.

● **Spread** remaining half with a *little* of the cheese mixture. Top with bacon slices. Spoon remaining cheese mixture atop bacon. Top with zucchini, onion, and tomato. Place on a broiler pan.

● **Broil** 4 to 5 inches from heat for 8 to 9 minutes or till heated through. Cut into 8 pieces. Makes 4 servings.

Nutrition information per serving: *270 cal., 18 g pro., 36 g carbo., 6 g fat (2.2 g sat. fat), 27 mg chol., 978 mg sodium, 310 mg potassium, and 2 g dietary fiber. U.S. RDA: 18% vit. C, 39% thiamine, 19% riboflavin, 24% niacin, 10% calcium, 12% iron.*

SAUSAGE AND CHEESE SCRAMBLE

Nonstick spray coating
8 oz. fully cooked smoked turkey sausage, thinly sliced and quartered
5 eggs
4 egg whites
¼ cup skim milk
1 tsp. dried minced onion
¼ tsp. dried oregano, crushed
¼ tsp. salt
¼ tsp. pepper
⅓ cup shredded low-fat cheddar cheese (1½ oz.)
2 cups fresh *or* frozen broccoli flowerets
1 15-oz. can sliced potatoes, drained
2 tsp. imitation butter granules
Dash dried oregano, crushed
3 English muffins, split and toasted

● **Spray a cold large skillet** with nonstick coating. Preheat skillet over medium-high heat. Cook sausage in hot skillet for 2 minutes.

● **In a mixing bowl beat** eggs, egg whites, milk, onion, oregano, salt, and pepper. Stir in *half* of the cheese.

● **Add egg mixture** to the skillet. Cook, without stirring, till mixture begins to set on the bottom and around edges. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking over medium heat about 4 minutes or till eggs are cooked through but are still glossy and moist.

● **Meanwhile,** in a medium saucepan cook broccoli, covered, in a small amount of boiling water 8 to 10 minutes (3 to 4 minutes for frozen broccoli), adding potatoes the last 2 minutes of cooking. Drain. Sprinkle butter granules and oregano over vegetables.

● **Spoon** egg mixture atop muffin halves. Sprinkle with the remaining cheese. Serve with vegetables. Serves 6.

Nutrition information per serving: *254 cal., 22 g pro., 25 g carbo., 8 g fat, 250 mg chol., 718 mg sodium, 397 mg potassium, and 2 g dietary fiber. U.S. RDA: 24% vit. A, 34% vit. C, 15% thiamine, 23% riboflavin, 21% niacin, 16% calcium, 15% iron.*

Specialty Cookbooks

To order, see page 116.
● ***Low-Fat Cooking***
● ***20 Minutes to Dinner***

FRESH-START RECIPES

continued from page 24

QUICK-AND-EASY DIPS

● **Great with fresh vegetables:** Stir together ½ cup nonfat *plain yogurt,* ⅓ cup *reduced-calorie mayonnaise,* and 1 tablespoon *prepared horseradish.*

Per tablespoon dip: *18 cal., 1 g fat, 34 mg sodium.*

● **For fruit:** Mix together an 8-ounce carton lowfat *vanilla yogurt,* ½ cup *cranberry-orange sauce,* ¼ teaspoon each *ground nutmeg* and *ground ginger.* Chill; serve with apple and pear slices.

Per tablespoon dip: *23 cal., 0 fat, 10 mg sodium.*

QUICK-AND-EASY SAUCES

● **For grilled meats and poultry:** In a saucepan combine ½ cup reduced-calorie *buttermilk salad dressing* and ½ cup shredded *zucchini.* Stir over low heat just till warm (do not boil).

Per tablespoon: *19 cal., 2 g fat, 78 mg sodium.*

● **Zesty barbecue sauce:** In a saucepan combine ¼ cup sodium-free *catsup,* ¼ cup reduced-calorie *apricot preserves,* 1 tablespoon *wine vinegar,* and 1 tablespoon reduced-sodium *soy sauce.* Cook and stir over medium heat just till well blended. Use to brush on meat during the last 2 to 3 minutes of broiling.

Per tablespoon sauce: *21 cal., 0 fat, 72 mg sodium.*

● **Spoon over vegetables:** In a small saucepan combine 1½ cups *cauliflower flowerets,* ⅔ cup *water,* ½ teaspoon *instant chicken bouillon granules,* ½ teaspoon *curry powder,* and ⅛ teaspoon *ground ginger.* Bring to a boil; reduce heat. Cover; simmer 15 minutes or till cauliflower is very tender. Transfer to blender container or food processor bowl; blend till smooth.

Per tablespoon: *3 cal., 0 fat, and 13 mg sodium.*

Sophie

By Jan Hagara



Sophie *shown smaller than actual size of approximately 20" tall.*

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low would you like to win $200? It's easy! Just send your ginal recipes to our monthly Prize Tested Recipes Contest. this page each month, we ask you to send us different ds of recipes. Then, seven months later, we feature the r top recipes on the Prize Tested Recipes pages.

WINNING IDEAS TO GET YOU STARTED FOR THIS MONTH'S CATEGORIES

Potluck Casseroles

ne of a kind, family-style main dishes fixed in the con- tional or microwave oven. ● **Easy** vegetable side dishes. **lealthful** whole grain, legume, or lentil casseroles.

Peach and Nectarine Desserts

resh fruit ice cream or frozen yogurt. ● **Newfangled** , sauces, or cookies made with fresh, frozen, or canned ches. ● **Slimming desserts,** lean on fat and calories.

WINNERS IN THIS ISSUE

$100 Winners

Sally Vog, Springfield, Ore.
Irene Williams, Andover, N.J.

$50 Winners

Alice Iorns, Orangevale, Calif.
Mrs. Bharti Kirchner, Seattle, Wash.

Honor Roll Winners

Virginia C. Anthony, Jacksonville, Fla.; Lucy F. Banta, Westfield, N.J.; Pat Breemeersch, Cedar Rapids, Iowa; Mary Clark, Bristol, Tenn.; Raynette Eitel, Colorado Springs, Colo.; Mrs. Millie McCavour, Burnaby, British Columbia, Canada

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "August Potluck Casseroles" or "August Peach and Nectarine Desserts." **2.** Specify brand names of foods you use. **3.** Include 50 to 100 words about origin of recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and your hometown in any manner for as long as we wish. **5.** All entries must be postmarked by midnight, January 31, 1990. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address recipes you enter to "August Potluck Casseroles" or "August Peach/Nectarine Desserts," 9008 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of Meredith Corporation. BH&G

CLASS UP YOUR CORN



Think quick. Think delicious. Think of *Del Monte*® Vegetables for great side dishes. There's more behind your cupboard door than you thought.

QUICK CORN MAZATLAN

1 can (17 oz.) *Del Monte*® Whole Kernel Golden Sweet Corn
1 pkg. (3 oz.) cream cheese
1 can (4 oz.) *Ortega*® Diced Green Chiles
¼ cup sliced green onions
¼ cup chopped red pepper

Drain corn reserving 2 tablespoons liquid. Combine reserved liquid and cream cheese in saucepan. Heat and blend until smooth. Stir in remaining ingredients. 4 to 6 servings.

WE GROW VARIETY Del Monte Quality

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WIN MONEY FOR YOUR RECIPES
See Page 101 For Details



PRIZE TESTED RECIPES®

Custards And Puddings

File under Desserts
January, 1990

$100 WINNER *Sally Vog, Springfield, Oreg.*

PEACH MELBA BREAD PUDDING

This luscious blend of classic melba and down-home bread pudding makes a stylish finale for entertaining—

1 8-oz. pkg. cream cheese
⅔ cup sugar
4 eggs
1 cup milk
3 Tbsp. amaretto *or* ½ tsp. almond extract
1 tsp. grated lemon peel
1 tsp. vanilla
3½ cups dry bread cubes (½ inch)
1 29-oz. can peach halves
3 Tbsp. seedless raspberry jam
4 tsp. sugar
¼ tsp. ground cinnamon
¼ cup sliced almonds

In a mixer bowl beat cream cheese and the ⅔ cup sugar with an electric mixer on medium speed till smooth. Add eggs; beat till blended. On low speed, beat in milk, amaretto, lemon peel, and vanilla. Place bread cubes in a greased 12x7½x2-inch baking dish; pour egg mixture atop. Place peach halves, cut side up, atop egg mixture. (Do not allow egg mixture to flow into center of peach halves.) Spoon *1 teaspoon* jam into each peach center. Combine remaining sugar and cinnamon; sprinkle over peaches. Top with almonds. Bake in a 325° oven 40 to 45 minutes or till set. Cool slightly. Serve warm with Raspberry Sauce. Makes 8 servings.

Raspberry Sauce: Thaw one 10-ounce package frozen *red raspberries* (in quick-thaw pouch). Sieve to remove seeds; discard. In a small saucepan combine 2 tablespoons *sugar* and 2 teaspoons *cornstarch;* add raspberry mixture. Cook and stir till thickened and bubbly. Cook 1 minute more. Remove from heat. Stir in 1

Punch along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

Light Main Dishes

File under Fish and Shellfish or Poultry
January, 1990



$100 WINNER *Irene Williams, Andover, N.J.*

LIGHT AND EASY PICANTE FISH

Zesty picante sauce and vegetables flavor this low-fat, low-calorie microwave dish—

1½ cups fresh mushrooms
1 medium green *or* red sweet pepper, seeded and cut into 1-inch pieces (¾ cup)
1 small onion, halved and sliced
2 Tbsp. chicken broth *or* water
4 4-oz. fish fillets, ¾ inch thick
½ tsp. dried oregano, crushed
1 cup picante sauce *or* salsa
2 Tbsp. grated Parmesan cheese

In a 1½-quart microwave-safe casserole combine mushrooms, pepper, onion, and broth. Micro-cook, covered, on 100% power (high) 5 to 6 minutes or till tender, stirring once. In an 8x8x2-inch microwave-safe baking dish place fish fillets in an even layer. Micro-cook, covered, on high 4 to 5 minutes or till fish flakes easily with a fork. Drain juices. With a slotted spoon, place vegetables atop fish; sprinkle with oregano. Spoon salsa over vegetables. Micro-cook, uncovered, 1 to 2 minutes or till heated through. Sprinkle with Parmesan cheese. Makes 4 servings.

Nutrition information per serving: *150 cal., 23 g pro., 9 g carbo., 2 g fat, 51 mg chol., 604 mg sodium, 802 mg potassium, and 2 g dietary fiber.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Light Main Dishes

File under Fish and Shellfish or Poultry
January, 1990



$50 WINNER *Alice Iorns, Orangevale, Calif.*

CHICKEN BUNDLES ITALIAN

Alice cuts calories in these crisp, golden bundles with a low-fat filling of ricotta, spinach, and chicken, and with paper-thin egg roll wrappers—

- **2 medium chicken breasts, skinned, boned, and coarsely chopped (1½ cups)**
- **2 cups sliced green onions**
- **1 Tbsp. olive oil**
- **1 10-oz. pkg. frozen chopped spinach, partially thawed and drained**
- **1 cup low-fat ricotta cheese**
- **⅓ cup grated Parmesan cheese**
- **½ tsp. garlic powder**
- **¼ tsp. dried oregano, crushed**
- **¼ tsp. ground nutmeg**
- **¼ tsp. lemon juice**
- **2 Tbsp. margarine *or* butter, melted**
- **8 7-inch egg roll wrappers**

In a large skillet cook chicken and onion in hot oil over medium heat till chicken is no longer pink and onion is tender. In a large mixing bowl combine spinach, ricotta cheese, Parmesan cheese, garlic powder, oregano, nutmeg, and lemon juice. Stir in chicken and onions. Season to taste with salt and pepper. Lightly grease eight 10-ounce custard cups with *some* of the melted margarine or butter. Line each dish with an egg roll wrapper. Divide chicken mixture among the 8 dishes. Fold the ends of each wrapper over the top of the chicken mixture, sealing to make a bundle. Brush with remaining melted margarine or butter. Bake in 350° oven for 20 to 25 minutes or till tops are golden. To serve, loosen bundles with a knife and remove from cups or serve in cups. Makes 8 servings.

Clip along here and file punched pages in your *New Cook Boo*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Custards And Puddings

File under Desserts
January, 1990



$50 WINNER *Mrs. Bharti Kirchner, Seattle, Wash.*

HONEY AND NUT PASTA PUDDING

Bharti calls for tiny, oval orzo pasta in this rich, honey-flavored pudding but says she often uses any kind of leftover, cooked, small pasta—

- **6 oz. (1 cup) uncooked orzo (also called rosamarina pasta), *or* 2½ cups cooked small pasta**
- **2 slightly beaten eggs**
- **1 12-oz. can evaporated skim milk**
- **¾ cup honey**
- **½ cup slivered almonds, toasted**
- **¼ cup raisins**
- **Whipped cream (optional)**
- **Slivered almonds, toasted (optional)**

Cook orzo according to package directions. Drain. In a medium mixing bowl stir together the eggs, cooked pasta, milk, honey, the ½ cup almonds, and raisins; mix well. Pour into a greased 1½-quart casserole. Bake, uncovered, in 350° oven about 20 minutes. Stir mixture to evenly distribute the raisins. Bake for 20 to 25 minutes more or till nearly set (the center of this pudding remains soft set with the outside edge somewhat firmer). Cool slightly on a wire rack; serve warm with whipped cream and remaining almonds. Makes 8 servings.

Nutrition information per serving: *316 cal., 9 g pro., 53 g carbo., 9 g fat, 81 mg chol., 81 mg sodium, 316 mg potassium, and 2 g dietary fiber. U.S. RDA: 16% thiamine, 20% riboflavin, 17% calcium.*

Photographs: Scott Little

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FOLK ART CHICKENS

COUNTRY HEN PILLOWS AND TEA COZY

BY
JIM WILLIAMS AND
JILANN SEVERSON

Cock-a-doodle-do-it! Feather your nest with one of our whimsical chicken pillows and a plucky little tea cozy. These folksy farmyard friends are sure to smooth the feathers of almost any staunch old bird.





FOWL WEATHER FRIEND
Start a rainy day with something to crow about. Greeted by our charming tea-cozy hen, guests are bound to let out a little cackle.

POULTRY PILLOWS
Let these barnyard biddies roost among your pillows. Their quizzical expressions and down-home good looks will cause people to flock around.

For instructions, please turn the page.

continued from page 107

COUNTRY HEN PILLOW AND TEA COZY

To order iron-on transfer patterns, send check or money order for $10.95 to: Better Homes and Gardens® Reader Service, Department 23Y, Box 374, Des Moines, IA 50336. Product No. 01553.

COUNTRY HEN PILLOW

What you'll need

- Two 18×18-in. pieces of wool for the chicken's body
- 2 skeins of embroidery floss in a contrasting color
- ½ yd. of 45-in.-wide fleece
- 5×12-in. piece of red wool for the comb and wattles
- 3-in. square of gold cotton fabric for the beak
- 2 buttons for the eyes
- Polyester fiberfill

Getting started

The finished pillow is approximately 13×15 inches. Unless otherwise stated, sew with the right sides together using ½-inch seam allowances.

First, enlarge the pattern (*right*) to scale. Then transfer the design to the right side of both body pieces.

How to do it

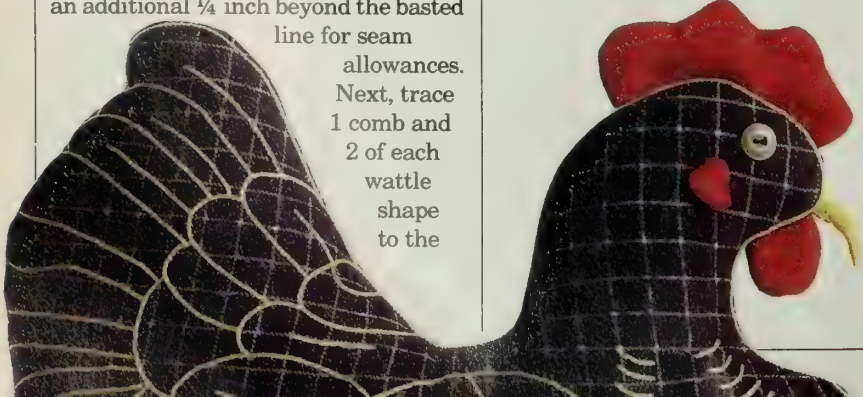
Using 3 strands of floss, embroider all the lines, including the outline, with satin or stem stitches. Embroider the outlines of the spots on the wings in the same manner, then fill them in with satin stitches.

When you are finished with the embroidery, line the embroidered pieces with fleece on the wrong side, machine-basting ¼ inch beyond the outline of the chicken. Cut out the shape, leaving an additional ¼ inch beyond the basted line for seam allowances. Next, trace 1 comb and 2 of each wattle shape to the wrong side of doubled red wool. Sew around the curved edges of each piece, leaving the straight edges open. Cut out all 5 pieces, leaving ⅛-inch seam allowances. Turn and press. Baste the raw edges together on the throat wattles and comb. Then baste the comb and throat wattles in place ⅛ inch beyond the embroidered outline.

Sew the 2 stitched pieces together, leaving an opening for stuffing and taking care to catch only the ⅛-inch seam allowances of the wattles and comb in the seam line. Turn and stuff the chicken. Slip-stitch the opening closed.

For the cheek wattles, turn the raw edges to the inside. Slip-stitch the wattles in place as marked.

For the beak, fold the gold square in half to form a triangle. Fold the 2 lower points up to the top point, forming a square. Roll this square into a long, narrow beak and slip-stitch the edges together. Trim the raw edges evenly. Open the seam above the throat wattles. Slip the raw end of the beak into the opening and slip-stitch it in place.



COUNTRY HEN



Finishing details

Sew the button eyes in place. Lightly steam the pillow to smooth any wrinkles and raise the stitching.

COUNTRY HEN TEA COZY

To make the tea cozy you'll need the same materials as the country hen pillow, *except* omit the polyester fiberfill and add ½ yard of lining fabric and ¾ yard of fusible interfacing.

Embroider the tea cozy the same as for the pillow, then interface the wrong side of each piece according to the manufacturer's directions. Line the cozy with fleece and cut it out the same as for the pillow; then cut lining fabric the same shape as the pillow. Fuse interfacing to the head and tail of the lining.

Assemble the cozy the same as for the pillow, except do not stuff the bird. Sew the lining together in the same way. Sew the lining to the cozy at the bottom edge, leaving an opening for turning. Turn the cozy to the right side, slip-stitch the opening closed, and steam the finished piece. BH&G

ENCHANTING ENTRIES

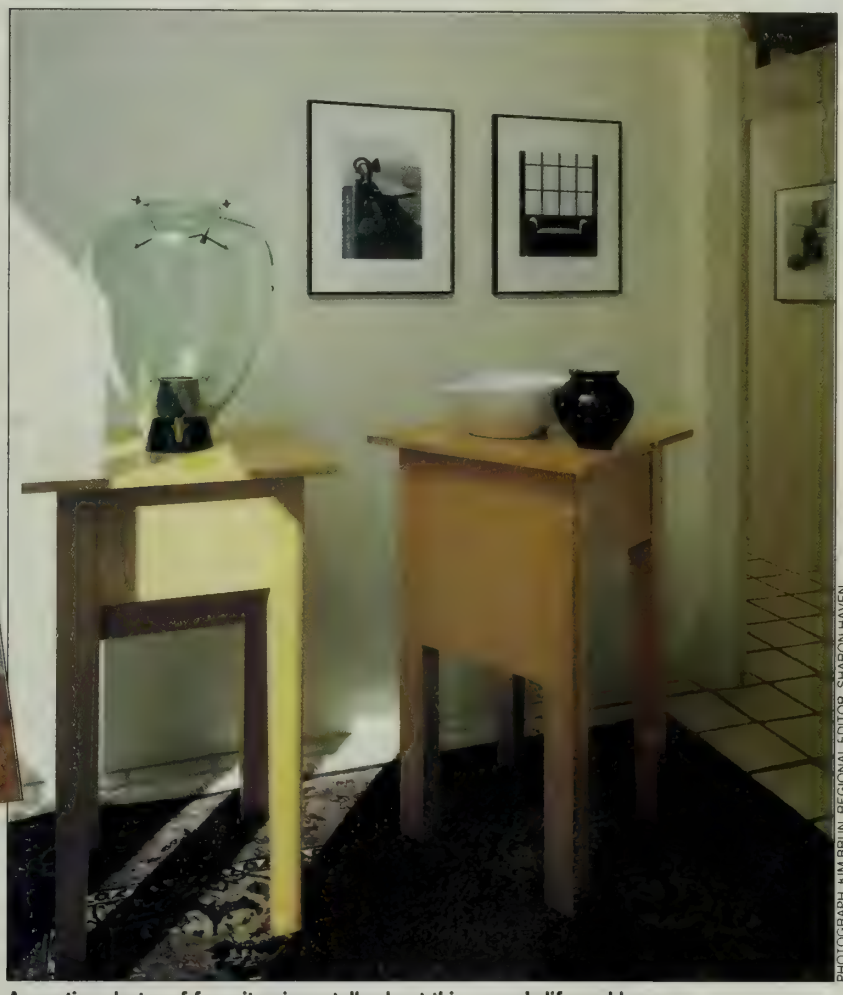
ERSONAL GREETINGS VELCOME WARMLY

BY SHARON N. O'KEEFE



PHOTO LAURIE BLACK DESIGN BROOM & BROOM RES

Spotlighting the natural and the artful, this entry sets a serene mood.



PHOTOGRAPH KIM BRUN REGIONAL EDITOR SHARON HAVEN

A creative cluster of favorite pieces tells about this owner's life and loves.

ust beyond your home's reshold awaits the chance to ake a memorable first impres- n. Coax your guests inside with peek at your personal style.

RSONAL PRELUDE

The contemporary entryway (*above t*) heralds the serene mood of living aces beyond. From its sweep of hard- od flooring to the slick marble top on antique French pastry table, an in- play of natural textures enlivens the ite-on-white scheme. The paper col- e introduces a blush of color, and the le's graceful underpinnings give the sculptural appeal. No wonder sts linger for a look. Aboard the ta- rests a child's clay rendition of by Dick—one that won its creator a eted "A" on a school report.

GALLERY APPEAL

Visitors have come to expect the unexpected when they step into the sun-washed foyer (*above right*); its intriguing mix of art and artifacts changes at the whim of the collector-in-residence. The treasures she exhibits give the small entry special-space status and reveal her passions. Today, two leggy tables, a couple of stars from her cache of old-and-new pottery, striking black-and-white photographs, and a delicate lamp compose a telling vignette. Tomorrow, the tables, carrying new cargo, might be angled in a new way. The gallerylike backdrop is perfect for display, and an Oriental rug adds a warm touch to the cool tile floor.

USHER-IN STYLE

How does your entry introduce you?

- **Paint** a self-portrait with an up-front display of personal prizes. If you fancy vintage baskets, cluster them in an aged cupboard. Or, show off the family artist's skill in an entry grouping.
- **Link** your entry to the style of your home. If bold color sparks your living spaces, don't let the entry pale by comparison. Likewise, if your home is in a Victorian mood, don't leave the entry stranded in a modern-day time warp.
- **Think** smart about entry design. The scale of the furnishings depends on the space. Make well-edited choices that don't block traffic. Choose easy-care surfaces for this busy intersection.

ADDING ON A ROOM FOR COMFORT



Conversation flows easily around the ki conscious fur- nishings in th family gather ing spot. The curved metal rocker wears tough coat of auto paint.

The ash cabir etry in the we bar matches the wood in the custom-be media wall. Grab a cold drink and sini in for some tube time.

Escape to this simple, sophisticated family room and view videos or vistas with your feet up and your hair down.

This tranquil blue oasis has all the creature comforts close at hand. Big, square, fixed windows wrap around one wall, changing the room's mood as the sun passes through. A soothing fire in the granite-fronted fireplace and soft uplighting beckon you to sink into a plush seat and unfurrow your brow.

The media wall nests the TV between closed-door compartments that tuck away other entertainment electronics. Orderly cubes above the cabinets turn everyday items and family memorabilia into an artistic display. The adjacent wet bar keeps snacks and beverages just steps away.



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*J.D. Power and Associates 1989 Initial Quality Survey covering November and December, 1988. Based on owner-reported problems during the first 90 days of ownership.

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DINING WITH DRAMA

BUMP-OUT AND SKYLIGHT MAKE BIG IMPACT

Elbow-to-elbow meals are no fun. If you crave formal dining but lack the space, see how bumping out an existing small room can be just the recipe for dining in style.

WHEN YOU GET LEMONS . . .

Stuck with a 40-year-old cottage that was long on charm but short on space, these homeowners rearranged rooms, bumped out a wall, and created a 12×15-foot dining room. The result is this gracious formal eating area that's loaded with light and elbowroom.

Even though the added-on portion of this space is small (8×8 feet), its careful design and siting create a big visual impact. Generous windows capture an abundance of daylight.



LAURIE BLACK/ROSLYN BANISH

Vaulted skylight brightens every meal in this modest addition.

WINDOW-WISE ADDITION

The vaulted ceiling and the archc window at the gable end create bright, airy atmosphere, but the maj source of light is the 8-foot-long doubl glazed skylight that crowns the ceilin This sun catcher is made up of indivi ual 2×2-foot wooden modules.

USING LANDSCAPE ART

To increase the sense of spaciousne and help erase the barriers between i doors and outside, the yard beyond w landscaped with the view from the wi dow in mind. A retaining wall was cc ered in vines and shrubs. This "gard art" adds a changing panorama of col and depth to the room.

Architect: Donald Olsen. Regional editor: Helen Heitkamp



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Photography by Robert Lazzaro of Cat Tale

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Introducing Pull-Ups® disposable training pants from Huggie



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CARPET QUALITY

WHAT TO KNOW BEFORE YOU BUY

Don't judge a carpet by its color. cking the perfect plush means ding one that keeps looking as od as it did on the day it was ought home and installed.

ER FACTS

Nylon, used in most carpet, is the st durable, and offers the largest se- tion. It can generate static electric- , so check for an antistatic finish.

Olefin (now commonly known as lypropylene) wears well and is highly orfast. It isn't as crush-proof as ny- , so traffic patterns appear sooner.

Polyester is soft and **wool** is luxuri- s, but neither is as durable as nylon olefin. Use in low-traffic areas.

RPET CHECKLIST

Quality. High-quality carpets have se piles and resilient yarns. Resil- t yarns are tightly twisted. Ask if carpet is heat-set, which locks the st in place permanently.

Stain resistance. Olefin is inher- ly stain resistant; other fibers are mically treated to resist stains. The t stain-fighters are "cooked into" fibers; others are sprayed on. Call se toll-free numbers for questions ut stain resistance: *DuPont,* /438-7668; *Monsanto,* 800/237- 9; *Scotchgard,* 800/433-3296; *Allied,* /441-8185; *BASF,* 800/446-8953.

Warranties. Look for warranties t protect against crushing, matting, stains. Makers guarantee carpet as long as they believe it will last, so longer the warranty the better.

he best advice? Buy the highest lity carpet you can afford. Given cost of padding and installation, a er cost carpet that must be replaced y five years is no bargain.

or more information on buying car- *Armstrong World Industries* offers ee booklet. Call 800/233-3823.

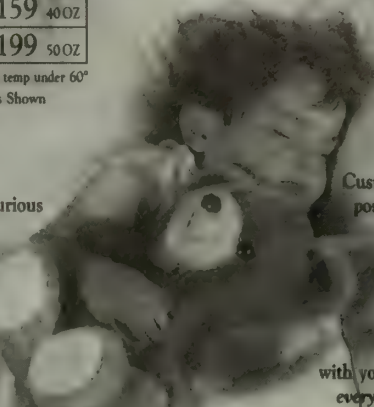
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ELECTRIC RADIANT HEAT

ADDING WARMTH FROM ABOVE

BY STEVE ANDREWS

Are you adding living space to your home? Do you have a bathroom that's too cool on winter mornings? Depending on the size of the space and your electricity rates, electric radiant heating can add heat to your home—where you want it and when you want it.

RADIANT HEAT

Most of us stay warm in winter by heating the air in our homes with a furnace. Radiant systems, however, heat only solid objects and not the air.

PRODUCT PARTICULARS

There are two types of electrical radiant heaters: flexible films that install beneath the ceiling surface material and rigid panels that mount directly on the ceiling. Electricity runs through the heating elements, which radiate the heat you feel.

Flexible radiant heaters consist of a conductive material sandwiched between two plastic films. The film is stapled to ceiling joists and drywall is installed over it. Each square foot of material generates from 12 to 25 watts per square foot. At that rate it takes about 30 minutes for ceiling drywall to peak at around 100 degrees. Then the entire ceiling acts as a heat source.

Rigid panels, usually 1 inch thick and ranging in size from 2×2 feet to 4×8 feet, put out 50 to 100 watts per square foot. These panels heat up to a surface temperature of 160 to 200 degrees in less than five minutes.

Both types operate independently from your present heating system. That means you can add as little or as much heat as you need. In the right climate, and with low electric rates, the electric radiant approach also warrants consideration for new homes.

—Steve Andrews is a Denver-based freelance writer who specializes in home energy topics.



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BENEFITS OR HYPE?

When properly designed, radiant ceilings offer draft-free heat, and clean, quiet delivery. Because the heat comes from the ceiling, the absence of baseboards and bulky air ducts simplifies furniture arrangements.

Costs vary from one application to another. Rigid panels cost more than flexible films, but require less labor during installation. Look for costs in the neighborhood of roughly $1.50 per square foot of floor area.

WHAT MAKES SENSE FOR YOU?

For spot heating, panels are probably your best bet. Panels also work well in baths, because of their quick response time. Films, however, are best limited to new construction or rooms where you can tear out the drywall.

Flexible films make the most sense in rooms you use for extended periods of time and in rooms with low ceilings where the higher surface temperatures of panels might give you a hot head. Don't put in radiant ceiling heat above an uninsulated basement or slab floor without a carpet and pad. Otherwise the slab will dissipate the heat to the outdoors.

WORDS OF CAUTION

Electric radiant heat isn't a panacea. Most utilities charge more for electricity than anything else. People who pay 15 cents per kilowatt-hour around New York should avoid any electric heat. In Seattle, where residents pay less than 5 cents per kilowatt-hour, electric radiant heating is a reasonable choice. Regardless of the location, any home relying on electric heat should include better than average insulation, windows, and weatherization.

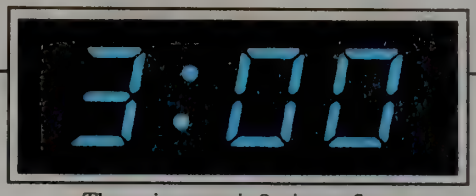


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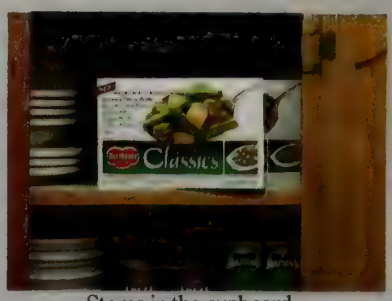
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INSTALLING A CENTRAL VAC

DO IT YOURSELF, OR HIRE A PRO?

By Susan Sheetz



PHOTOGRAPHS: SCOTT WITTE

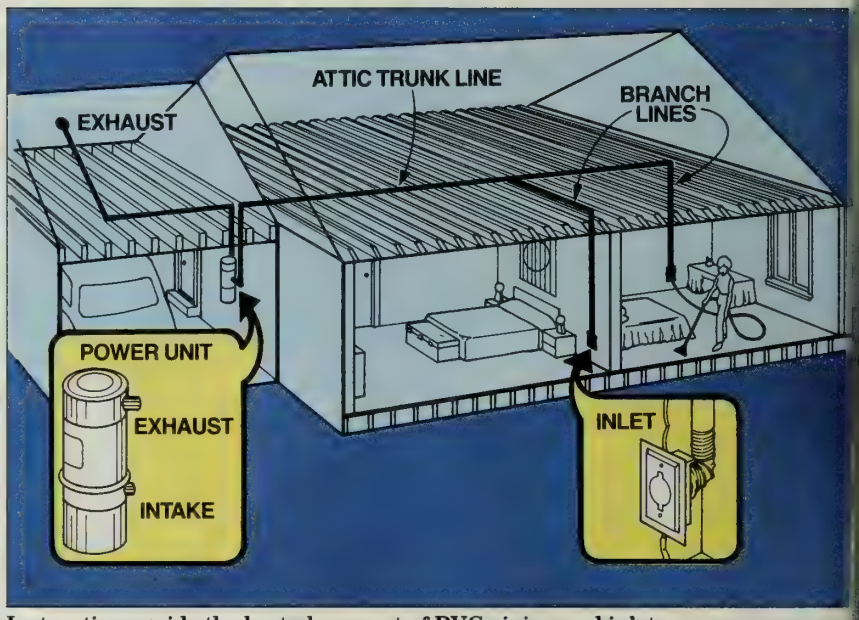
Central vacuum systems can be easily installed in old as well as new homes. You can do it yourself or call a professional. Here's a project overview to help you decide.

Handy helper

When it comes to home helpmates, central vacuum systems work hard at making your life easier. All you carry around are the nozzle, wand, and lightweight flexible hose. Plugging the hose into wall or floor inlets activates the system. The power unit is in a remote part of the house—and so is the noise.

Installing it yourself

Several manufacturers such as Broan Mfg. Co., Vacu-Maid, Sears, Hoover, and VACUFLO offer do-it-yourself installation kits for their systems.



Instructions guide the best placement of PVC piping and inlets.

One example is the Broan CV30 system shown above, which comes with a how-to instruction booklet. You'll work with four components: a power unit/6-gallon canister; lightweight plastic PVC piping and fittings; low-voltage wiring; and add-on wall or floor inlets. See below for the installation basics.

Costs for a typical five-inlet system, including all rough-in equipment, power unit, cleaning tools, hose, and an electrical power brush, range fro $600 to $1,026. Prices vary dependi on the manufacturer, dealer, and oth factors such as type of power unit a accessories.

Paying someone else

A remodeler or builder will typica give you a per-inlet labor quote, whi will range from $50 to $75 with a mi mum of three inlets.

INSTALLATION INFORMATION

Project basics

The project involves running the piping system from wall (or floor) valve inlets through interior walls to the power unit. You'll access interior walls from the attic or the basement. In multilevel homes, piping can go up through stacked closets or crawl spaces.

Some of the tools you'll need are a ½-inch drill, ⅛-inch drill bit, 2½-inch wood bit, hacksaw, keyhole saw, and wire stripper and cutters.



THE POWER UNIT exhausts to the outside, supplementing the filter.



YOU'LL CUT, smooth, sand, and cement the PVC piping and fittings.



YOU'LL DRILL and cut thre to four inlets and connect low-voltage wiring.


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TRUE
A taste worth switching to.
SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

SHARED-SPACE ADD-ON

OPEN PLANNING TIES WORK AND PLAY AREAS TOGETHER

BY SUSAN SHEETZ

Thomas and Monica Krebsbach find family togetherness a lot easier now. They gave their living spaces more stretch with a wide-open add-on. A blended-space remodel can open up communication at your house, too!



Matching rooflines, shingles, and clapboard siding tie the addition to the existing home.



The angled soffit and peninsula stylishly define the kitchen work core without creating a visu barrier to the family and eating areas.

ROOM TO GROW

With two active youngsters and only formal living space, the Krebsbachs' home cried out for a playroom. That problem plus a growing home entertainment schedule prompted the Krebsbachs to add an informal living area and open up their cramped kitchen. Their new family room addition deftly blends both rooms and provides two perks: bonus eating space and an outdoor living deck.

First, the Krebsbachs removed the back wall of their boxy kitchen and a tiny three-season porch off the living room. French doors that had linked the porch to the living room were left in place for the new family room.

The back addition stretches the entire length of the house, incorporating a bay for a new eating area, a mudroom for the repositioned back door, and an expanded kitchen work core.

TIES THAT BIND

The Krebsbachs used subtle architectural details to separate work and play areas without isolating them—a strategy that might also work for your add-on project. For example, soffits define the eating and work spaces by mimicking the angles of the bay and peninsula.

The wraparound peninsula sets off the kitchen work area from traffic and smoothly directs family and guests into the eating bay and family room. The open work core lets Mom or Dad k an eye on the kids—or keep conve tion going with guests. A golden panse of wood flooring throughout addition ties the spaces together.



A golden expanse of wood flooring ties the separate spaces together.



The addition expanded family living space opened up the kitchen.

Photos: Susan Gilmore. Architects: Charles D. Liddy, and Carlos Parraguë. Interior design: Jean Chester Hoff Regional editor: Patricia Carpenter. Illustration: Mike He

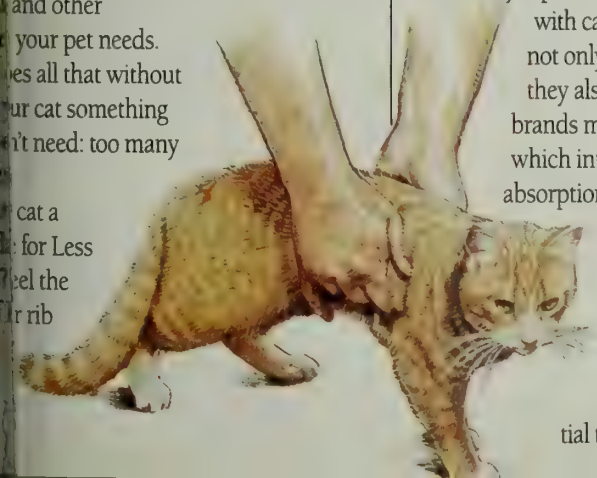
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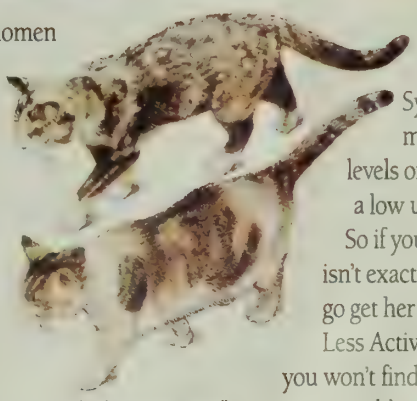
cage while she's standing. If her abdomen protrudes beyond the ribs, your cat may be overweight.

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BY DOUGLAS A. JIMERSON AND JANE A. McKEON

GARDENER'S Almanac

WHAT'S NEW, WHAT'S HOT, WHAT'S JUST PLAIN F

FIGHT THE DROUGHT WITH XERISCAPING



Heat-resistant annuals like Mexican zinnia *(Zinnia angustifolia)* defy drought.



PHOTOGRAPH: MARIS/SEMEL. DESIGN: CONNI CROSS. REGIONAL EDITOR: BONNIE MAHARAM

Massing flowers with light moisture needs, such as melampodium and rudbeckia, saves water.

Drought and diminishing water resources have been growing national concerns. To combat the crisis, the Denver Water Department in 1981 introduced the xeriscaping concept. (Xeric means requiring only a small amount of moisture.) Here's how you can apply water-conserving principles in your yard.

- **Plant natives** that are tolerant of your climate.
- **Reduce the size** of lawn areas. Because bluegrass turf demands a lot of water, choose a more drought-tolerant grass or ground cover.
- **Group plants** in your garden according to their water needs: water guzzlers, moderate drinkers, and drought-tolerant.
- **Water efficiently.** Reduce evaporation waste by watering with a soaker hose or drip irrigation system.

SUCCESSFUL SEED STARTING

PLANTING TRAY

Starting seeds is easy with the APS (Accelerated Propagation System). Simply fill the insulated growing tray with soil mix, plant your seeds, and water. A plastic cover keeps the air inside warm to speed germination. Write Gardener's Supply, Dept. PRDFT9, 128 Intervale Rd., Burlington, VT 05401.



GARDENER'S SUPPLY

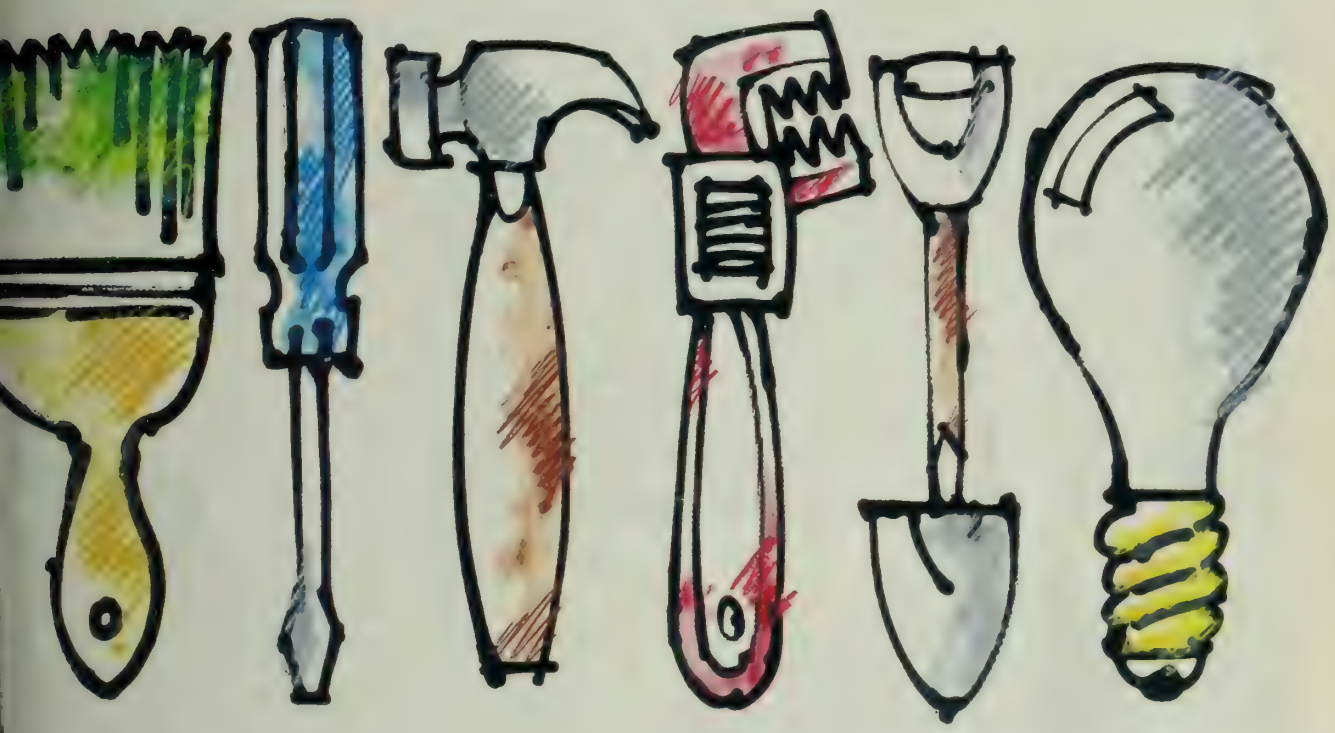


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WINDOWSILL REFLECTOR

The Lighthouse helps you grow healthy vegetables and flowers from seed on a sunny windowsill. Folding flat for storage, the aluminized paperboard evenly distributes sunlight so seedlings grow straight without regular rotation. The unit measures 8 inches deep, 12 inches wide, and 8 inches tall. For more information, write to Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001.

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from this listing.

A '50s RANCH '90s STYLE

Pages 32–33: Rag runner—Thomas K. Woodard, 835 Madison Ave., New York, NY 10021. **Leather chairs and ottoman**—Stratford Company, 680 N. Lake Shore Dr., Suite 1000, Chicago, IL 60611. **Pie safe**—Ron Fisher's American Country, P.O. Box 1208, Marshalltown, IA 50158. **Folk art cat and pig**—Pan American Phoenix, City Corporation Center, 153 E. 53rd St., New York, NY 10022. **Coffee table**—Classic Impressions/The Woodard Company, P.O. Box 280, 317 S. Elm St., Owasso, MI 48867. **Floor lamps**—Koch + Lowy/PAS, 21-24 39th Ave., Long Island City, NY 11101. **Hardwood flooring**—Tarkett Hardwood Division-North America, P.O. Box 300, Johnson City, TN 37605-0300. **Indian rugs,** "Broken Arrow"—Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Micro-mini blinds,** "Gloss White"—Hunter Douglas, 2 Parkway & Rte. 17 S, Upper Saddle River, NJ 07458, 800/631-7274.

Pages 34–35 (*lower left*): Dining chairs, "Napoleon"—Storehouse, 2403-D Johnson Ferry Rd., NE, Atlanta, GA 30341. **Candleholders, glasses**—Pottery Barn (address above). **Poster**—Poster Originals, Ltd., 330 Hudson St., New York, NY 10013. **Hardwood flooring**—Tarkett Hardwood Division-North America (address above). (***Right* and *upper left*): Leather chairs and ottoman**—Stratford Co. (address above). **Coffee table**—Classic Impressions/The Woodard Co. (address above). **Floor lamps**—Koch + Lowy (address above). **Rag runner**—Thomas K. Woodard (address above). **Bowl, Indian rugs**—Pottery Barn (address above). **Folk art cat and pig**—Pan American Phoenix (address above). **Hardwood flooring**—Tarkett Hardwood Division-North America (address above).

Page 36: Leather chair and ottomans—Stratford Company (address above). **TV**—Panasonic Company, One Panasonic Way, Secaucus, NJ 07094. **Floor lamp**—Koch + Lowy/PAS (address above) **Indian rug**—Pottery Barn (address above). **Hardwood flooring**—Tarkett Hardwood Division-North America (address above).

HOME STYLE

Page 39–41 (right): La France Industries, 1 Gerlie St., P.O. Box 500, La France, SC 29656; **Richloom Inc.,** 261 Fifth Ave., New York, NY 10016; **Covington Fabrics Corp.,** 267 Fifth Ave., New York, NY 10016; **Robert Allen Fabrics,** 55 Cabot Blvd., Mansfield, MA 02048.

SLIPCOVER CHIC

Pages 50–51: Love seat, lounge chair, ottoman—Workbench, 470 Park Ave., S, New York, NY 10016. **Love seat slipcover fabric,** WB "Oberon"—Cyrus Clark Company, Inc. 267 Fifth Ave., New York, NY 10016. **Chair, ottoman slipcover fabric,** "Brussels," Du Pont "Teflon®" finish—Cyrus Clark Company, Inc. (address above). **Welt on chair, ottoman, pillows, trim on slipcovers**—Brighton Chintz Solid, Du Pont "Teflon®" finish—Cyrus Clark Company, Inc. (address above). **Area rug**—Import Specialists, 82 Wall St., New York, NY 10005. **Lamp table**—Baker Furniture, 917 Merchandise Mart, Chicago, IL 60654. **Table lamp**—Fine Art Lamps, 7215 W. 20th Ave., Hialeah, FL 33014. **Provincial chair**—The Clyde Pearson Company, 1420 Progress St., High Point, NC 27260. **Hand-painted wooden box**—M.J. Berries/Boston, 443 Albany St. #107, Boston, MA 02118. **Quimper teapot and plates on screen**—Rue de France, 78 Thames St., Newport, RI 02840. **Covering on folding screen**—CoverAge, Inc., 15 Bolton St., Warwick, RI 02888. **Tilt-top table**—The Bombay Company, 550 Bailey Ave., Suite 400, Ft. Worth, TX 76107.

Pages 52–53: Love seat, lounge chair, ottoman—Workbench (470 Park Ave., S, New York, NY 10016. **Love seat slipcover fabric,** Evergreen "Sherwood"—Metropolitan Museum II collection, P. Kaufmann, Inc. 261 Fifth Ave., New York, NY 10016. **Chair, ottoman slipcover fabric,** Ruby "Briarwood"—Metropolitan Museum II collection, P. Kaufmann, Inc. (address above). **Fringe, trimmings**—Hollywood Trims, Inc., 1200 S. Santa Fe Ave., Los Angeles, CA 90021. **Folding screen fabric,** Jade "Ardsley"—Old Money collection III, P. Kaufmann, Inc. (address above). **Rectangular pillow,** Multi, "Punjab"—The Raj collection, P. Kaufmann, Inc. (address above). **Gothic Chair**—The Wind Rose, P.O. Box 10425, Greensboro, NC 27404. **Table lamp**—Ainsley Lamps, 1099 Flushing Ave., Brooklyn, NY 11237. **Tilt-top table**—The Bombay Company (address above). **Needlepoint rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093. **Topiary**—Carriage Florist, 2711 Grand Ave., Des Moines, IA 50312.

Pages 54–55 (*top left, left to right*): Pillows, "Bali Stripe," "Picadore," "Brighton Chintz Solid," Du Pont "Teflon®" finish—Cyrus Clark Company, Inc, (address above). (***Top right, left to right*): Pillows,** Plum "Matinee Velvet"— J.B. Martin Company, 1290 Sixth Ave., New York, NY 10104. **69,** "Dupioni Shantung"—Parliament Fabrics, Inc., 48 West 38th St., New York, NY 10018. Evergreen, "Sherwood"—Metropolitan Museum II collection, P. Kaufmann Inc, (address above). (***Center left*): Provincial chair**—The Clyde Pearson Company (address above). **Tilt-top table**—The Bombay Company (address above). (***Center right*): Gothic Chair**—The Wind Rose, (address above). **Topiary**—Carriage Florist, (address above). (***Lower left*): Quimper teapot**—Rue de France, (address above). **Ottoman slipcover fabric,** "Brussels," Du Pont "Teflon®" finish—Cyrus Clark Company, Inc. (address above). (***Lower right*): Ottoman slipcover fabric,** Ruby "Briarwood"—Metropolitan Museum II collection, P. Kaufmann, Inc, (address above).

PERFECT-FOR-PARTIES KITCHEN

Pages 62–63: Refrigerator and freezer—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711. **Recessed lighting**—Halo Lighting, Division of Cooper Industries, 400 Busse Rd., Elk Grove Village, IL 60007. **Table**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Countertops and sink**—Du Pont Corian, Solid Service Products, Room G-51519, Wilmington, DE 19898. **Faucet**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Windows**—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Cooktop**—Thermador/Waste King, 5119 District Blvd., Los Angeles, CA 90040

Page 64 (*top*): Island cooktop—Thermadc Waste King (address above). **Countertop**—Du Pc Corian (address above). (***Bottom center*): Counte top**—Du Pont Corian (address above). (***Bottc right*): Countertop**—Du Pont Corian (addre above).

Page 65 (*top left*): Glass doors—Morgan Produc P.O. Box 2446, Oshkosh, WI 54903-2446. (***Bottc left*): Undercounter refrigerator**—Sub-Ze Freezer Company (address above). **Microwa oven**—Amana Refrigeration, Inc., Amana, IA 522(**Countertop**—Du Pont Corian (address abov (***Bottom center*): Ovens**—Jenn-Air Corp., Div. Maytag Corp., 3035 Shadeland Ave., Indianapo IN 46226. **Refrigerator and freezer**—Sub-Z Freezer Company, Inc. (address above).

OUR PICKS FOR 1990

Page 74–77: Pleasure rose—Jackson & Perki Medford, OR 97501. **Safer Insecticidal Soap** Ringer Products, 9959 Valley View Rd., Eden Prai MN 55344-3585.

MIGHTY MEALS

Page 79: Plate, "Elements"—Sasaki, 41 Madis Ave., New York, NY 10010, available at Pres Concepts, 3101 Ingersoll Ave., Des Moines, 50312. **Serving dish,** "Helios"—Franmara, I P.O. Box 4178, Chatsworth, CA 91313. **Flatwa** "Ramona"—Yamazaki Tableware, Inc., 150 No St., Teterboro, NJ 07680.

Page 80: Yellow plate, "Agate"—Bennington F tery, 324 County Rd., Bennington, VT 05201-01 **Napkin,** "Nuages"—Palais Royal, 923 D Pres Ave., Charlottesville, VA 22901.

Page 81: Blue plate—Wolfman Gold & Good C 116 Greene St., New York, NY 10012.

Page 82: (*top right*): Plate, "Metropolis Black Sasaki (address above). (***Center*): Plate,** "Lig ning"—Sasaki (address above), available at Pres Concepts (address above). **Wine glass,** "Tuca Frost"—Sasaki (address above).

Page 83: Blue plate—Present Concepts (addr above). **White plate,** "Normandie"—Loneoak Co., 3351 East Imperial Hwy., Lynwood, CA 902 **Yellow plate**—Lindt-Stymeist Designs, 6231 He St., Emeryville, CA 94608.

Page 85 (*top left*): Plate, "Center Diamond"—H stone, Incorporated, 1719 Dearborne, P.O. 2626, Zanesville, OH 4370l. **Glass**–The Crate Barrel, P.O. Box 3057, 725 Landwehr Road, No brook, IL 60065-3057. **White bowl,** "White Sh ders"—Fitz & Floyd, P.O. Box 815367, Dallas, 75381-5367.

Page 86: Fork, "Aegean Weave"—Wallace Sil smiths, P.O. Box 9114, East Boston, MA 02128.

PRIZE TESTED RECIPES®

Page 103 (*left*): Glass bowl—Sasaki, 41 Madi Ave., New York, NY 10010. **Blue liner**—Vik Glass Company, P.O. Box 29, New Martinville, 26155. **Spoon,** "Braid"—Yamazaki Tableware, I 150 North St., Teterboro, NJ 07680.

DIRECTORY OF ARCHITECTS, DESIGNERS

PERFECT-FOR-PARTIES KITCHEN

Pages 62–66: Architect—Stephen R. Knutson, Michigan Ave., Evanston, IL 60202. **General c tractor**—Bill Booth, D&B Construction Comp P.O. Box 964, Glenview, IL 60025.

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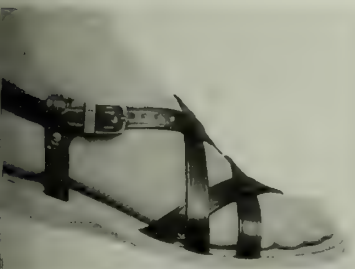
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By Arlene Aviles



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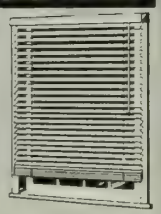


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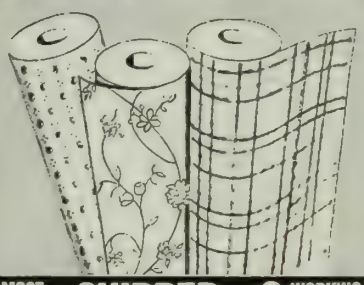


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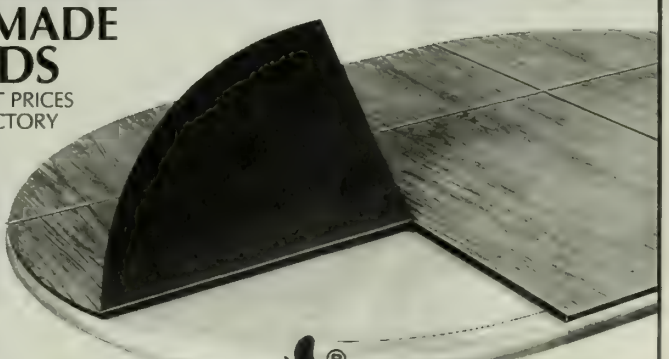
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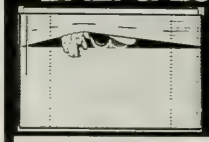
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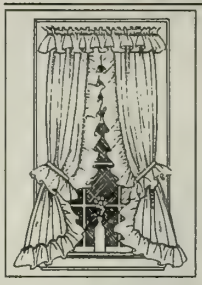
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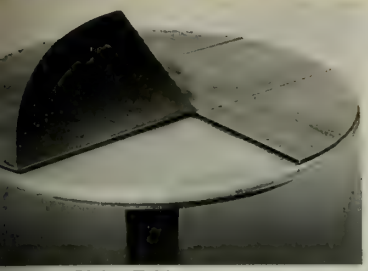
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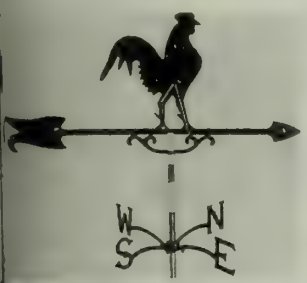
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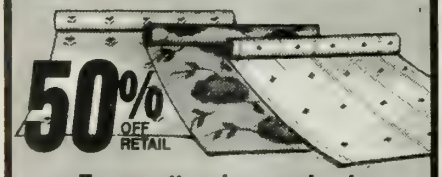
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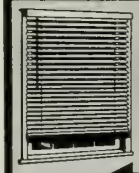
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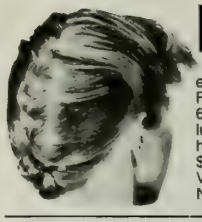
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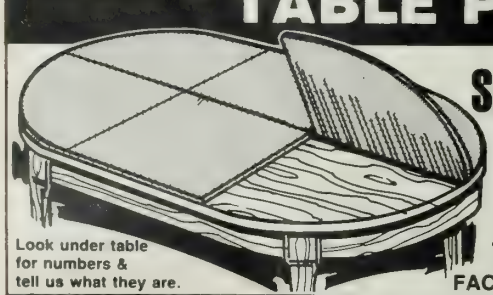
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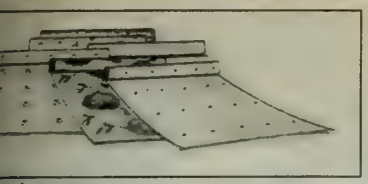
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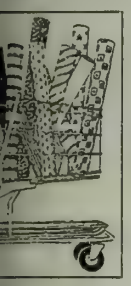
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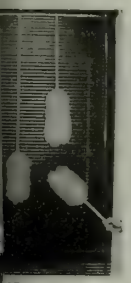


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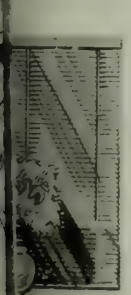
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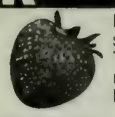
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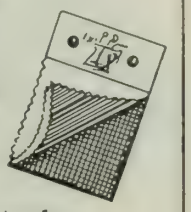
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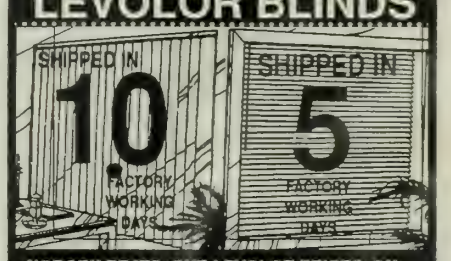
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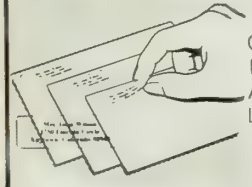
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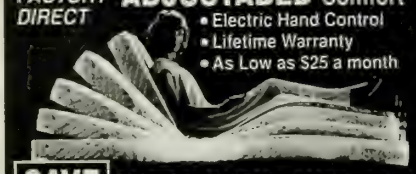
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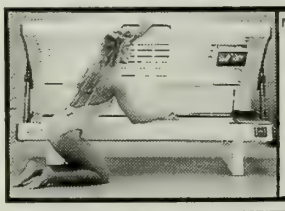


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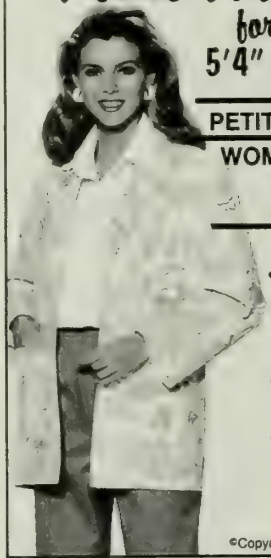


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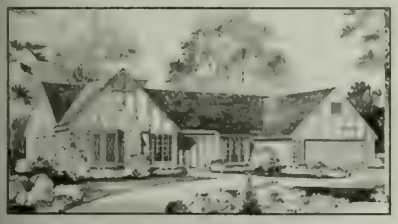
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■ "The problem with today's kids," contends Ned Carter, "is that they spend more time reading T-shirts than they spend reading books."

■ "Life is far more exciting than TV," argues our Judy, "because you never have to put up with reruns."

■ "Sex fights colds," insists Grandma Hillis, adding, "There's no proof yet, of course, but why take chances?"

■ My only resolution so far this year is not to make unrealistic resolutions. Chris says I'm being unrealistic.

■ "My accountant is forecasting a blizzard in January," says Dick Dresch. "I soon realized he was talking about an avalanche of holiday bills."

■ Fed up with overlong memos, my boss says she has come up with the perfect solution: make everyone start writing them in longhand.

■ A glum Burt, Jr., looked up from his homework the other day and asked, "Couldn't I wait to study world geography until things settle down a little?"

■ Having gone for six weeks without earning a commission, Christine says she now knows why real estate agents are often called brokers.





"Miss breakfast?"

■ Representative Nick Hanfli says Americans are happy to offer Congress their two cents. "Unfortunately," he adds, "these folks are getting their money's worth."

■ I've been hearing complaints about illness and money woes at holiday parties. I guess company loves misery.

■ Althea Johnson laughs that becoming president of the black women's business association has been a mixed blessing. "The long and short of it," she explains, "is that the hours are long and the pay is short."

■ "The notion of hell as fire and brimstone has faded," says the Rev. George Hall. "Today, I prefer to compare it to an IRS audit."

■ Editor Earl Reeves fields lots of complaints about shrinking comic strips. "I'm surprised some smart optical shop hasn't started running ads for bi-focals next to the funnies page."

■ "It's obvious that water attracts electricity," argues Elaine Cowen. "Why else would the phone ring the minute I step into the bathtub?"

There's something refreshing about a new calendar. For me it's a symbol of renewal and optimism, three hundred and sixty-five brand-new opportunities.

Of course, each Hillis has his or her own reaction to the official posting of the family calendar. Right away, the kids check for the day of the week their birthday falls on.

Chris scopes out the lay of the holidays, mentally calculating the best arrangements for vacations and family get-togethers. It's so easy to block out a week's worth of travel when there aren't any other commitments crowding each month.

I pencil in planting time and a couple of fishing trips.

As the months pass, this diary of our daily lives will become a taskmaster, reminding us of myriad obligations. But for now, with the deepest part of winter breathing down our necks, it's great to have so much free time to play with.

Burton Hillis

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Better Homes and Gardens

FEBRUARY 1990

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KILLET: Substitute 2 tbsp. vegetable oil for but-r. In skillet, in hot oil, cook chicken about 10 min. until browned on all sides. Spoon off fat. Stir in up. Reduce heat to low. Cover; simmer 35 min. until chicken is fork-tender, stirring occasionally.

I'm! M'm! Good!®

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CONTENTS

continued from page 5

Trading Up *Financing a bigger home* 74
Kitchens with Style
New looks for the '90s 78
Your Own Little Corner of the World
Decorating your bedroom 84
Bent-Glass Window *It's a wrap* 94
Pet Toys *Choosing the bite stuff* 132

FAMILY HEALTH

Dental Update *Filling you in on the latest news* 22
Shopping Pays When Buying Drugs 32
Good Food, Good Health: *How to beat the winter blahs* 35
Health Update 38
Is Your Child Hooked on Drugs or Alcohol? 41
Fitness Matters 44
The Cholesterol Controversy
Advice you can live with 48



Quick-change, chicken, page 107

GOOD FOOD

Chocolate! *The ultimate valentine* 96
Twice As Nice *Cook once for two meals* 105
How to Use Nutrition Information 110
Recipe Index 110
Prize Tested Recipes® 119
Breakfast Ideas and Super Sandwiches
Win Money for Your Recipes 122

ON THE ROAD

Family Cruises from America's Coasts
The 10 best family cruise lines 127

SHOPPING

Magazine Customer Service Information 11
Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* 123
Directory of Architects And Designers 125
Shopping Editor's Choice 134
How to Order *Special offers, project plans, and kits* 141

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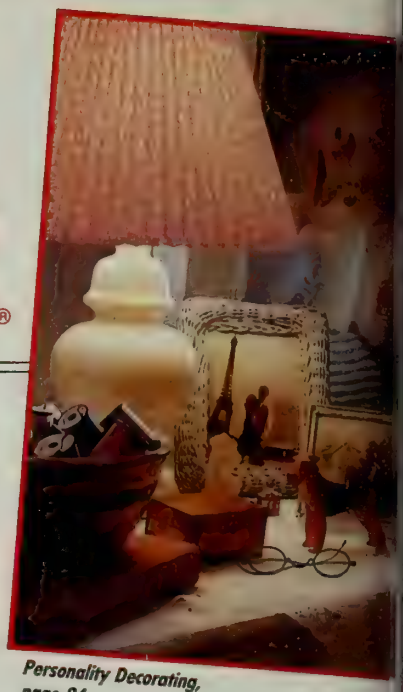
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CONTENTS

FEBRUARY 1990; Vol. 68 No. 2

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®



Personality Decorating, page 84

ON THE COVER

7 Ways to Beat the Winter Blahs **35**
New Homes Coast to Coast **51**
Kitchens with Style *The family's favorite room gets a new look* **78**
Personal Style *Make your dream bedroom a reality* **84**
8 Great Chocolate Creations For Your Valentine **96**
Cook Once, Get Two Meals **105**



Best Houses Coast to Coast For $150,000 or less, page 51

BETWEEN FRIENDS

Editor's Letter **12**
The Man Next Door® *Writes about family, friends, and neighbors* **142**

FAMILY MATTERS

And They Call It Puppy Love
How kids grow into relationships **14**

OUR ENVIRONMENT

Environment Scorecard
Take our no-fail test **19**

FOR YOUR HOME

Home Improvement Contest
Win more than $100,000 ..... **20**
Best Houses Coast to Coast
For $150,000 or less **51**

continued on page 6



Chocolate! The ultimate valentine, page 96

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.97 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $14.97 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. FEBRUARY, 1990. Vol. 68, No. 2.

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GEORGE CEOLLA

Facing up to the problem . . .

WE'RE ALL IN THIS TOGETHER

DEAR READERS,

Like most of you, I'm feeling more and more outrage about what's happening to our environment. However, to be honest, I have to admit to another feeling as well—chagrin. With all my sanctimonious concern about what "they" are doing to the environment, I've been living just as high off the hog as everyone else. My cars guzzle gas, I'm never too hot or too cold for more than a couple of minutes at a time, and I throw away enough stuff every year to keep a third world family thriving.

"WE HAVE MET THE ENEMY, AND HE IS US"

I guess my point is this: As our concern about environmental hazards grows, we need look no farther for the cause than the face in the bathroom mirror every morning and the faces in those photos we carry in our billfolds. To quote Pogo one more time, "We have met the enemy, and he is us."

"But wait," you say, "what about Big Business? What about those oil-spilling, plastic-producing, smokestack polluters who care about nothing but their company's profits?"

Sorry, we can't shift the responsibility. We can't expect any business to voluntarily penalize itself for the sake of the environment. Competition in the marketplace will soon put that business out of business. But, as consumers, we have the power to make concern for the environment good for business. If we buy those products and services that are demonstrably safe for ourselves and safe or good for the environment, business will get the message.

Actually, I happen to know that many of the major U.S. companies a way ahead of most of us. Procter ar Gamble, Rubbermaid, and GM a among those that have started exte sive research on ways to make the products easier on the environment.

Our job is to be smart consumers. W can't afford to be ill-informed or hyste ical about environmental issues. Goo ness knows, these issues can confusing and the conflicting clain can inflame emotions. But w owe it to ourselves to get th best information and act on responsibly.

And, that's where I wa *Better Homes and Gardens®* come into the picture. Ov the years, you've come to tru us on matters having to with your home and family. Now, wit our monthly "Our Environment" ar cles, we want to become your source f the best and most trusted advice. We' tell you how to protect yourself an your family from environmental ha ards, along with steps you can take help with environmental problems.

You'll find a test on *page 19* th month. Use it to help judge how you family is affecting the world arou you. The questions will also sugge some directions for improvement.

I won't tell you my score, but I wi tell you that I've vowed to do a lot be ter, starting right now. I hope you' feel the same way, because we're sur all in it together.

David Jordan

David Jordan, Editor in Chie

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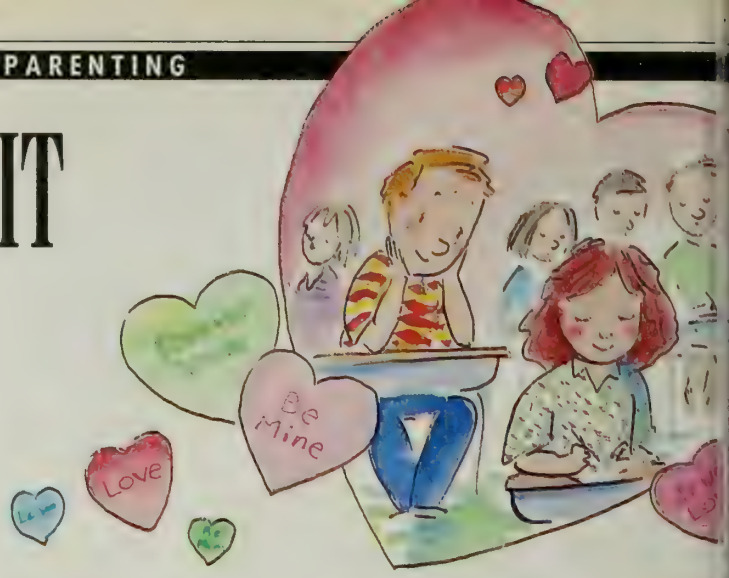
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AND THEY CALL IT PUPPY LOVE

How Kids Grow Into Relationships

BY JOHN ROSEMOND



Heather. I remember her well. She was beautiful—blue-green eyes and flowing, shoulder-length red hair. Her name whispered love.

She sat diagonally across from me in Mrs. Hochstead's second grade. At every opportunity, I'd steal a look. Sometimes, a look turned into a stare.

"Mr. Rosemond!" Mrs. Hochstead's sharp voice shook me out of my reverie. "Why are you staring at Heather?"

Heather turned around and looked at me, her eyes flashing.

I felt my face go crimson.

"Nothing," I squawked, my voice cracking. I heard the giggling begin. "I mean, I wasn't, I was just thinking."

"About what, Mr. Rosemond?"

"Uh, well, uh, I don't know, I mean, I don't remember."

"Perhaps you need some exercise help your memory. You will stay aft school and write sentences."

"Yes, ma'am." I had already suffer the worst punishment of all—exposu

I wasn't the only one in Mrs. Hoc stead's second grade to be bitten by t love bug that year. Almost everyo "liked" someone else.

So it didn't surprise me to discov

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when my son Eric was in second grade, that he had a girlfriend.

LIKE FATHER, LIKE SON

We were riding in the car. He'd been quiet, just staring out the window. "I've got a girlfriend," he said.

"You do? What's her name?"

"Melissa."

He just smiled and went back to looking out the window.

That's the way it usually begins. During the early elementary years, children develop a strong sense of identification with their same-sex parents. They begin to mirror their parents, including the affection they see taking place between Mom and Dad.

These are the years of the first crush, of puppy love. It's when we all begin to try to figure out the mystery of love.

FALLING IN AND OUT OF LOVE

It doesn't last long. By the third or fourth grade, boys are playing with boys and girls are playing with girls.

During these middle childhood years, it isn't "cool" to have a close friend of the opposite sex, much less a romantic interest. In my day, it was widely known that girls of this age had "cooties." I never knew what a cootie was, and I never wanted to find out.

Sigmund Freud called these the latency years. He explained that "Eros," the sexual force, was repressed during this stage, as boys and girls bonded with their same-sex peers.

I'M ALL SHOOK UP

But Eros returns—strongly—at around age 13 or 14. Now, driven by a chemical blitzkrieg, young teens engage in all kinds of courtship rituals.

This is an awkward, self-conscious time for children. The two most compelling motives in their lives are a need for acceptance and a fear of rejection. Being able to attract a member of the opposite sex means you're OK.

The more popular your boyfriend or girlfriend, the more status you acquire.

WHY MUST I BE A TEENAGER IN LOVE?

Later, around 17 or 18 years of age, kids develop the capacity for true intimacy. The selfishness that typifies boy-girl relationships during early adolescence gives way to greater self-assurance and, therefore, greater capacity to recognize and respond to the needs of others.

Physical attraction still counts, but it becomes less important than personality. Trust replaces status as a prerequisite for love. Finally, for most of us, love becomes a verb.

Riding in the car with Eric that day many years ago, thinking of Heather, I realized that he'd given me the perfect opportunity to do some teaching on the facts of boy-girl relationships.

"Concerning this Melissa," I said, breaking the silence, "I've got one piece of advice for you, kid: Don't stare."

—John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to BH&G.

so doesn't it make those critters seem kind of creepy?



Enlarged illustration

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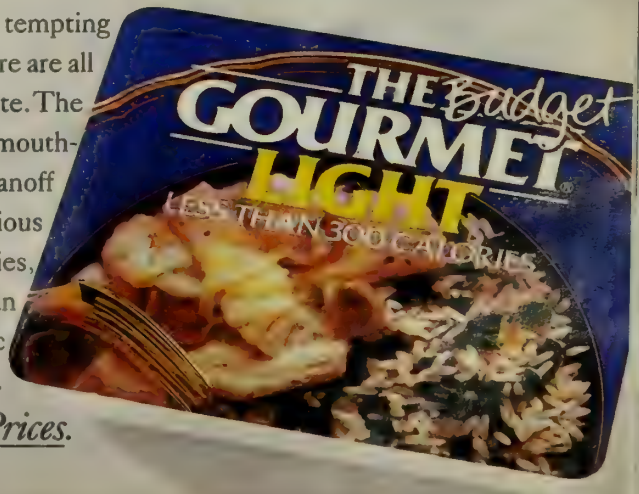


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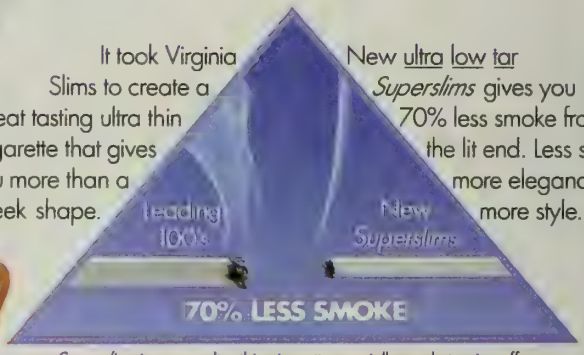
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TAKE OUR NO-FAIL TEST

Our scorecard shows you what you're already doing to help the environment—and shows you ways to improve your score.

The purpose of our test is not to find out who's best, but to find ways we can all become better. Take the test now, and during the next six months try to improve your score in any of the categories. Then take the test again in July. Members of our *Better Homes and Gardens*® staff are also taking the test. In July we'll report on how well we did.

TRASH AND RECYCLING

0 points
- Throw it all away

5 points
- Return drink bottles and cans

10 points
- Compost yard waste and scraps

20 points
- Sort paper, plastic, glass, and cans for recycling center

GASOLINE CONSUMPTION

(use your primary car)

0 points
- Gas hog: 9 to 18 mpg

5 points
- About average: 19 to 26 mpg

10 points
- Much better: 27 to 34 mpg

20 points
- 35-plus mpg (Terriffic! and yes, they do make them!)

PERSONAL INVOLVEMENT

0 points
- Couch potato

5 points
- Read about environment, stay abreast of issues and developments

10 points
- Belong to an environment, conservation, or beautification organization

20 points
- Spend personal time working on environment or conservation programs

TRANSPORTATION

0 points
- Drive everywhere without ever planning a trip

5 points
- Carpool occasionally
- Plan trips to get the maximum utility from a minimun amount of driving

10 points
- Use public transportation often

20 points
- Walk or bicycle frequently

HOME ENERGY USE

0 points
- Stay cold in summer, hot in winter

5 points
- Keep thermostat at 65 degrees winter, 82 degrees summer
- Use ceiling fans

10 points
- Use programmable thermostat
- Caulk or weather-strip leaks
- Have added insulation to attic

20 points
- Use high-efficiency furnace or air conditioner
- Installed low-E coated, double-pane insulating windows

PURCHASING POWER

0 points
- Buy it, use it, throw it away

5 points
- Avoid bagging small items

10 points
- Favor products with less packaging
- Buy products that come in recycled, returnable or reusable containers
- Buy environmentally friendly products when given a choice

20 points
- Avoid household chemicals that harm the environment
- Avoid products from companies that are known pollutors

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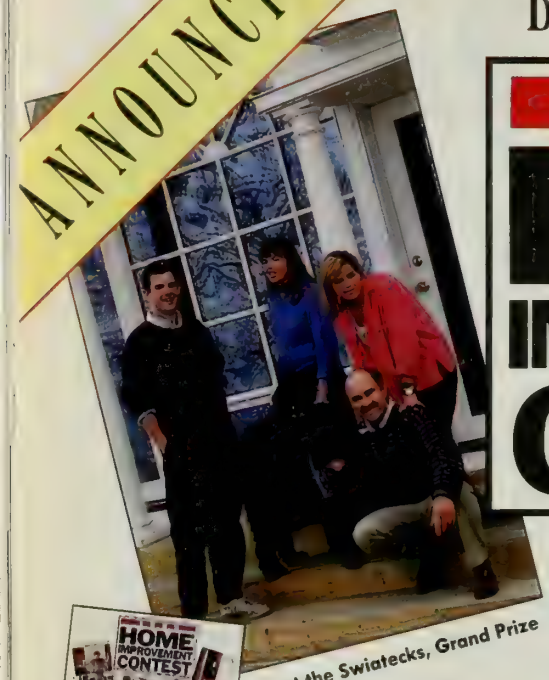
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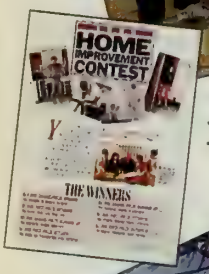
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BETTER HOMES AND GARDENS®

1990 HOME IMPROVEMENT CONTEST



Meet the Swiatecks, Grand Prize winners in our 1988 contest.







YOU CAN WIN MORE THAN $100,000 IN PRIZES

We'd love to pin a blue ribbon on your next home improvement project. Whether you're fixing up indoors or out, adding new space or face-lifting the old, your ideas and efforts may rate a top award—and a feature in our magazine!

PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small projects in each of the following categories:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REMODELINGS**
- **ADDITIONS**
- **WHOLE-HOUSE REMODELINGS**

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products are incorporated into your project. (Examples: a kitchen revamp that incudes new appliances, cabinets, or countertop surfacing, a family room add-on that includes new windows or vinyl flooring, or a whole-house redo that includes new carpeting, hardwood floors, or window blinds.) In addition to your winnings, your home improvement project may even be published in a future issue of *Better Homes and Gardens* magazine!

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any project completed in 1990 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or called in the professionals to help develop the design or supervise or complete the project.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank opposite. We'll send you complete details, along with our official entry form.

- **All preliminary entries must be postmarked by October 1, 1990.**

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, *Before* and *After* photos, and receipts that could make *your* project a winner!)

- **All final entries must be postmarked by Feb. 1, 1991.**

3. THE WINNERS: We will notify all winners by mail and publish the top entries in our November 1991 issue.

MANUFACTURERS' SPECIAL AWARDS: CASH, REFUNDS, PRODUCTS

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Many of America's leading home improvement companies are co-sponsoring our contest. The following manufacturers are offering special prizes in addition to a $500 cash award:

Amoco Fabrics and Fibers Company will award up to 30 sq. yards of carpet constructed from Marquesa™ Lana Yarns to the top Whole-House winner if he/she used Genesis™ Carpet certified by Amoco.

Bruce Hardwood Floors will provide a $500 cash prize for the best use of hardwood floors, providing that Bruce Hardwood Floors are used in the winning entry.

Cabot Stains will award one case of Cabot PTW Stains for pressure-treated wood or Cabot Decking Stains to the top winner in the Exterior Fix-Ups category if he/she used Cabot Stains' products. Cabot Stains will award one case of Cabot O.V.T. Oil or Acrylic Solid Color Stains to the top winner in the Outdoor Improvements category if he/she used Cabot Stains' products.

Casablanca will donate an Inteli-touch Panama Ceiling Fan to the top winners in the Interior Remodeling and Whole-House Remodeling categories.

In addition to the $500 cash prize for the best use of CORIAN®, **Du Pont** will provide a $1,000 award for the most creative use of a CORIAN™ kitchen sink. To qualify, purchase must be made through an authorized CORIAN™ Kitchen and Bath dealer.

Eco Water Systems will award a complete drinking-water, reverse-osmosis, under-counter system to the top Kitchen Shape-Ups winner if he/she used Eco Water Systems' same unit.

First Alert offers its Model RL500 Hi-Beam Rechargeable Lantern to the Outdoor Improvement, Interior Remodeling, and Whole-House Remodeling winners who used a First Alert product.

KitchenAid will reimburse the retail cost (not including taxes) of one KitchenAid cooking appliance purchased by the top winner in the Kitchen Shape-Ups category.

Kohler Company will award $500 to the top bath winner and the installing plumbing contractor if he/she used Kohler plumbing products (fixtures and faucets) exclusively.

Merillat Industries will refund the purchase price of Merillat Cabinetry used by a winning entry in the Kitchen Shape-Up category.

TELEDYNE WATER PIK will award THE ORIGINAL SHOWER MASSAGE™ to the top winner of each of the following divisions: Bathroom Remodelings, Additions, and Whole-House Redos. An INSTAPURE® AIR FILTRATION SYSTEM will be awarded to the top winners of the Interior Redos division, the Whole-House Redos division, and the Additions division. Also, TELEDYNE WATER PIK will award an INSTAPURE® UNDERSINK WATER FILTER to the top winner in the Kitchen Shape-Ups, Whole-House Redos, and Additions divisions.

Wenco™ Windows will award a 6-foot clad low-maintenance swing patio door with high-performance low-E glass to the winners in the Exterior Fix-Ups, Additions, or Whole-House Remodelings categories if the winners used Wenco products.

Whirlpool offers one Whirlpool product of choice to the winners of both the Kitchen Shape-Ups and the Whole-House Remodelings categories when the winners use a Whirlpool product. Winners may choose from the following list: a trash compactor, a microwave oven, or a Power Clean™ Energy-Saver dishwasher.

PRELIMINARY ENTRY BLANK

1990 HOME IMPROVEMENT CONTEST

Better Homes and Gardens®

SEND $2.00 FOR POSTAGE AND HANDLING TO:
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Postmarked no later than October 1, 1990

Name _____

Address _____

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Be sure to check the box(es) that best describes the project(s) you plan to complete in 1990

☐ 1. Exterior Fix Ups ☐ 2. Outdoor improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Redos ☐ 6. Additions ☐ 7. Whole-House Redos

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

ORAL REPORTS SPECIAL SECTION

DENTAL UPDATE

FILLING YOU IN ON THE LATEST NEWS



SUGARY MEDICINES

Keeping a sick child's teeth healthy

Dental hygiene is still important when your child is sick—maybe even more important than usual because of children's medicine containing sugar.

As Mary Poppins used to say, a spoonful of sugar helps the medicine go down, but the medicine also may harm a child's teeth. So keep a toothbrush as an essential part of the care routine.

Liquid medicines are hard to avoid, especially if you have children who are too young to take pills, says Cherilyn Sheets, D.D.S., a spokesperson for the Academy of General Dentistry.

Because sugar accounts for 30 to 70 percent of many liquid medicines, your child's long-term dental health could be affected. Sugary residues may lead to decay in teeth.

Don't skip the medicine. Instead, the academy advises parents to reinforce regular brushing, flossing, and fluoride treatment habits for ill children.

"You have to brush the medicine off as you would food," says Sheets. "Think of the medicine as dessert."

After your child is well, consider buying a new toothbrush; bacteria like to hide in toothbrush bristles.

BY MAGALY OLIVERO

—Magaly Olivero, a free-lance writer, brushes up on dentistry news in New Haven, Connecticut.

STEVE BJÖRKMAN

AIN'T NOTHING LIKE THE REAL THING

You don't have to pull a sore tooth

Nobody thinks of cutting off a finger because it's infected. Yet most people don't think twice about having a tooth pulled.

More than 40 million teeth are extracted every year, and many of these extractions are unnecessary, says Joseph Maggio, D.D.S., immediate past president of the American Association of Endodontists.

Advances in endodontics, or root canal treatments, enable endodontists or dentists today to save teeth that were untreatable just five years ago.

The endodontists' group suggests keeping the following in mind if your dentist recommends extraction:

- Most necessary extractions result from gum disease with bone loss, or badly decayed teeth that cannot be restored or filled.
- Root canal treatment may be another option. Ask your dentist whether the tooth is still alive and can be saved.
- Extraction is not always the easiest and most economical way to treat a diseased tooth. Remember, you must replace a tooth with a denture or bridge to prevent the surrounding teeth from shifting. If the teeth shift, you may wind up with gum disease and the loss of even more teeth.
- Advances in anesthetics make root canal treatments virtually pain free.



SOMETHING TO SMILE ABOUT

When all you want is a touch-up

If you've always wanted whiter teeth, your dentist may now be able to help. More and more general dentists are offering cosmetic services to their patients. Here are some options you can ask about, according to Barry G. Dale, D.M.D., of Englewood, New Jersey:



- **Polishing.** The procedure can eliminate stains caused by foods, cigarettes, antibiotics, and caffeine.
- **Bleaching.** A peroxide solution removes discolorations on teeth, including some stains caused by some antibiotics.
- **Bonding.** Teeth are coated with composite resins to make them whiter. Bonding can also repair chipped teeth.
- **Porcelain laminate veneers.** Thin shells of porcelain fit over the front surface of the tooth for a whiter look. They can also help change the appearance of your teeth.

Check with your insurance company; many policies don't cover cosmetics.

continued on page 24



Kids who need to see a dentist most are usually the ones who can afford it least.

Thirty years ago, Crest became the first toothpaste recognized by the American Dental Association for its power to help prevent cavities. Today, underprivileged kids are the recipients of another first.

Now, with the help of Crest and the ADA, these kids will be able to visit dental clinics and take part in dental hygiene educational programs. All for free, through the Save The Children Dental Foundation.

Because we at Crest believe that kids should get the help they need. No matter how much it costs.

Save The Children Dental Foundation

You too can help. Just send in two (2) ADA 30th Anniversary seals from commemorative packages of Crest, along with this coupon.

Crest will then donate $5.00 in your name to the Save The Children Dental Foundation. Mail to: CREST/ADA—SAVE THE CHILDREN, P.O. BOX 09958, CLINTON, IOWA 52736.

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ADA ACCEPTED American Dental Association

30th Anniversary

continued from page 22

DENTAL IMPLANTS
Say good-bye to false teeth

Tired of loose-fitting dentures? Dread the notion of false teeth?

A popular alternative to dentures is dental implants — permanently attached false teeth.

An estimated 300,000 Americans will have dental implants by 1992, up from 27,000 in 1987, according to the American Academy of Periodontology and the National Institutes of Health.

Although dental implants cost more than dentures, the implants are durable and stay in your mouth.

"It becomes part of you. You don't have to keep taking it out as you would dentures or a bridge," says academy president Myron Nevins, D.D.S.

Most often, the procedure takes place in two steps that can be performed in your dentist's office. First, the root of the artificial tooth is surgically placed in the lower or upper jawbone and then covered with gum tissue. Healing takes four to six months for the upper jaw, about three months for the lower jaw.

Then, a small incision is made in the gums, which enables your dentist to attach the new tooth or teeth to the implant with small screws. The procedure means the end of slipping dentures.

For more information about dental implants, write to the American Academy of Periodontology, 211 East Chicago Ave., Suite 1400, Dept. BHG, Chicago, IL 60611-2690.

FOR YEARS, DENTISTS HAVE BEEN TELLING YOU TO DO THIS:



©1989 Pfizer Inc.

CONTROLLING CAVITIES
Pass the chewing gum, please

Instead of an after-dinner mint, try some postmeal chewing gum, one of the tastiest ways to fight cavities.

University of Iowa researchers have found that chewing sugared or sugarless gum for 10 to 20 minutes after meal neutralizes decay-causing aci that can lead to cavities. Consider th evidence to support the claim:

Gum chewing stimulates saliva pr duction, which lubricates the mout washes away food, and helps resto acid levels.

Besides tha researchers four that gum chewir can be especial beneficial for pe ple who suff from dry mout or who are takir medications wit side effects tha reduce saliva pr duction. Dr mouth can caus tooth decay.

The benefits chewing gum combat acids ou weigh any har that may b caused by the su ar in the gum, r searchers say, a long as you che the gum for 10 20 minutes. Mar Jensen, D.D.S Ph.D., says th benefits are lost you discard th gum as soon a the flavor is gon because then th sugar has chance to stick t your teeth ur checked. That when decay—th very thing yo want to avoid might begin.

Jensen, who d rected the study recommends ad ing gum chewin to your regular dental hygiene routine That means chewing in addition t brushing, flossing, and optional use o fluorides in toothpastes and rinses.

But beware. Too much sugared gu could hurt your teeth as much as a sug ared drink or candy. Most dentists sti recommend *sugarless* gum.

PRE-DELIVERY DENTISTRY

Pregnant women have special needs

Are you pregnant? Then you may find that your stomach is not all that's swelling.

Inflamed gums often occur in pregnant women usually due, in part, to hormonal changes going on in their body, according to a report from the American Dental Association. It's a condition that may affect as many as 75 percent of pregnant women, especially between the second and eighth months of pregnancy, says Barbara J. Steinberg, D.S., professor of dental medicine and assistant director of Dental Medicine at the Medical College of Pennsylvania.

If you're pregnant and experiencing red, puffy, tender gums that bleed when you brush your teeth, don't hesitate to visit your dentist. What's probably required is a good cleaning to remove tartar buildup. This process can be performed at any time during a woman's pregnancy.

Other routine dental procedures ideally should be performed after childbirth. If a procedure is absolutely necessary, the second trimester would be the best time," Steinberg says.

Emergency dental procedures that cause severe pain should be brought to the attention of your dentist any time during pregnancy.

Your dentist should be very careful with medication and X rays, Steinberg says. If not, consider another dentist.

To prevent the occurrence of gum problems during pregnancy, women should be especially vigilant about flossing and brushing their teeth.

NOW MANY OF THEM ARE TELLING YOU TO DO THIS:



Since plaque is America's number one dental problem, the majority of dentists surveyed have advised their patients to use Plax.® You see, when you rinse with Plax before brushing, you remove more plaque than just brushing alone. Shouldn't you listen to the dentist?

THE HIGH COST OF CHOMPING

Preventive care is inexpensive care

Like most Americans, you're probably less worried about the pain in your tooth than you are about the pain in your wallet after you have your hurting tooth fixed.

A survey by Colgate/U.S. Oral Care, makers of Colgate toothpaste, revealed that Americans are very concerned about the high cost of dentistry.

Certainly the cost of everything is going up these days. The price of medical procedures seems to be climbing at an unstoppable pace.

The truth is that dentists are doing more preventative treatments than high-cost procedures, according to another Colgate survey, this one of dentists.

That survey showed that fewer than four in 10 patients see their dentists for complicated procedures. Most are just going in for regular good-sense checkups—or for cosmetic treatments.

The survey also showed that dentists in the western half of the country (California, Oregon, Washington, Nevada, Colorado, Utah, Idaho, Montana, Wyoming, New Mexico, and Arizona) seem to spend more time on cosmetic care than dentists in other parts of the United States.

So the next time the high cost of dentistry is keeping you from your regular checkup, remember that it will probably cost less in the long run to take better care of your teeth now.

That care should include regular flossing and brushing and an avoidance of sugary foods that stick to your teeth and cause tooth decay.

continued on page 26

continued from page 25

DENTAL PHOBIA

Getting rid of the anxiety



Does the mere mention of the word dentist make your heart race?

Relax—there is help for you. Special clinics, designed to treat dental fears like yours, are being set up in cities across the country.

At the Mt. Sinai Dental Phobia Clinic in New York City, for example, specially trained dentists are using behavior-modification techniques to help people overcome the anxiety that keeps them from seeking care.

If you suffer from fear of dentists, then you know how scary just the smell of the office can be. The folks at dental phobia clinics understand, too.

Before you can conquer your fear, you must be willing to confront the actual source of it, whether "the drill, the chair, the nurse, or the white jacket," says J. Gordon Rubin, D.D.S., the clinic's director.

In most cases, you begin by learning relaxation techniques so you can calm yourself when you feel tense. Then begins the process of "desensitization," in which you're gradually exposed to the dreaded object. You can tell the dentist to stop at any point.

Rubin says most patients are ready for some dental work by their second or third visit.

Some clinics, such as The People Oriented Dental Practice in San Francisco, have patients work with a psychologist before meeting the dentist.

To find out about the dental phobia clinic nearest you, call the Mt. Sinai Dental Phobia Clinic at 212/241-7681.

RETAINING YOUR DIGNITY

Straighten your smile in style

It's bad enough being stuck with braces, but then after you get them off, you have to wear a sticky, pink retainer for six months.

A company in Racine, Wisconsin, though, knows what it's like, and has jazzed up the whole retainer process.

Professional Positioners makes personalized retainers in more than 25 colors; their retainers even have tiger and zebra stripes.

Users can choose their own color and pattern from a variety of options for only about $2 more than the cost of the traditional pink or clear retainer.

Dan Riegelman, a spokesperson for Professional Positioners, says kids who are excited about their retainers remember to wear them.

Kids who order the special retainer sign the following pledge: "Getting a perfect smile takes a little patience, but I'm worth it. So I'll wear my new Pro Pal with pride till I've gone straight permanently."



Another benefit: Kids don't lose their retainers as often.

For more information, call: Professional Positioners at 1-800/742-6640.

BRACE YOURSELF

Adults get tinsel teeth, too



Kids are not the only ones with braces. Many adults are bracing to face the world.

Getting braces has become a family affair now that a growing number of adults are recognizing the cosmetic and health value of orthodontic work.

Adults are getting braces to increase their chances of keeping their teeth, to improve their appearance, to help prevent gum disease, and to improve mouth function, says Manuel H. Marks, D.D.S., associate professor at the University of Pennsylvania at Levittown, and coauthor of the book, *An Atlas of Adult Orthodontics.*

Adults' braces can correct:

- **Problems caused by missing teeth.** The teeth next to a missing tooth may drift, making it easier for plaque (a sticky film that causes gum disease) to build up. The missing tooth can be replaced after the orthodontic work.
- **An improper bite.** Teeth that do not mesh properly put pressure on the supporting bone and gums, and can loosen teeth.
- **Problems associated with the temporomandibular joint.** TMJ disorder, a condition involving soreness of the joints connecting the jaw and skull, can cause headaches and jaw pain.

THE FRESHNESS SHOULD NOT LEAVE ONE'S MOUTH AS SOON AS ONE'S TOOTHBRUSH DOES.



–The Colgate Wisdom Tooth

Ahh, the clean sensation of brushing your teeth. Wouldn't it be great if that feeling could last longer than the few moments it took to achieve it?

With Colgate Tartar Control toothpaste, it can. Colgate is the wise choice because it helps you fight tartar and feel it. Colgate helps to keep your teeth cleaner and smoother, and gives your mouth an incredibly fresh tingle. It's a breathtaking feeling, noticeably fresher than you may be used to. And best of all, it lasts even after you brush.

So make the wise choice. Fight tartar with Colgate. And freshness will be more than just a memory.

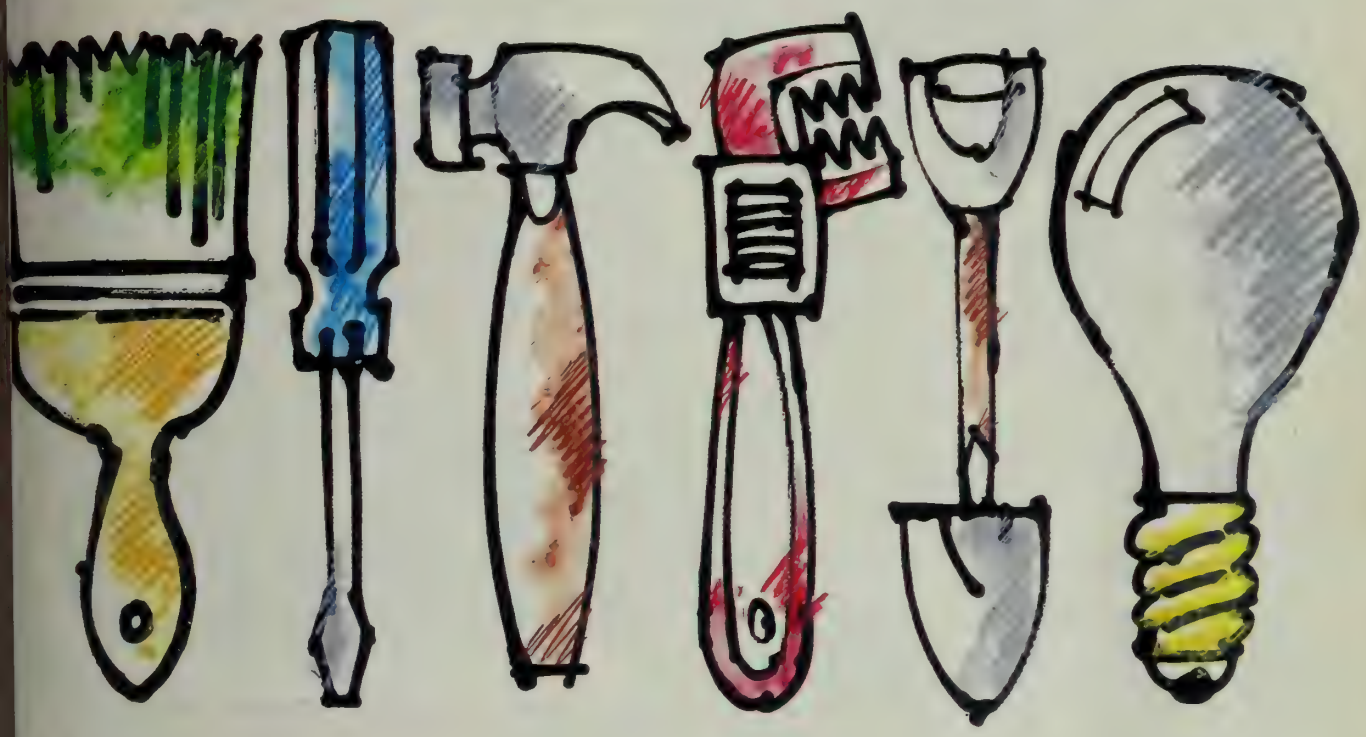


The Wise Choice.

"Colgate has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Colgate Tartar Control has been shown to reduce the formation of tartar above the gum line, but has not been shown to have a therapeutic effect on periodontal diseases."—Council on Dental Therapeutics-American Dental Association. Colgate Tartar Control Toothpaste with fluoride. ©1989 Colgate-Palmolive Co.


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by
Elke Hutchens
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actual size of 14" in height.
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If you're interested in getting p dollar for your home, there e two things you should know out: 1) Our Better Homes and ardens® Real Estate Service ome Merchandising System™ at combines *Better Homes and ardens*® magazine's vast owledge of the home with our real estate pertise to help you enhance your home from the buyer's perspective, and 2) Our proven Home Marketing System™ to help sell your home quickly, easily and at the best possible price.

If you want to get top dollar for your home, call your local *Better Homes and Gardens* member firm, or 1-800-274-7654. We have the tools to make it happen.

The better way to sell your home.

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FAMILY HEALTH

IDEAS AND INFORMATION ON STAYING WELL

INSIDE

In this month's Family Health section, we offer news on healthful eating, cholesterol, drug abuse, fitness, and more.

Good Food, Good Health
How to Beat the Winter Blahs
35

Health Update
Information on latchkey kids, heart health, and more.
38

Is Your Child Hooked on Drugs?
Here's how to spot the danger signs and what to do if you suspect the worst.
40

Fitness Matters
Sox appeal for athletes, shoulder shape-ups, and mall-walking basics.
44

The Cholesterol Controversy
Here's a rundown on the argument, along with some advice you can live with.
48

Dental Update
Don't miss our special section on the latest news in dentistry, starting on page 22.

SHOPPING PAYS WHEN BUYING DRUGS



STEVE BJÖRKMAN

The prescription you just paid $20 for may be available next door for $10. That's the lesson from community pharmacy surveys conducted by volunteers for the American Association of Retired Persons.

The variation in prices for brand-name drugs can be as much as 25 percent within a community. You may want to ask a few pharmacists about the price of a certain drug before deciding where to buy it. Be aware, also, that the pharmacist offering the lowest price on one prescription may not have the lowest price on a different prescription.

In one comparison, the same drugstore charged $36 for the brand-name drug and $9.75 for its generic counterpart.

You may save even more by asking for generic versions of many commonly prescribed medications. In one comparison, the same drugstore charged $36 for the brand-name drug and $9.75 for the same amount of the drug's generic counterpart. Most generic drugs cost about half of brand-name products.

Although the manufacturers of some generic drugs have been accused of skirting government regulations, there's no evidence that their products are ineffective. In fact, a recent government study of the top 30 generic drugs showed that they all measured up to government standards.

Independently, doctors and researchers *are* questioning the effectiveness of a limited group of generic drugs. Your personal physician can steer you away from these questionable cases.

For a free copy of *Smart Consumer's Guide to Prescription Drugs*, write: Guide to Prescription Drugs (D13579), AARP Fulfillment (EE082), 1909 K St., NW, Washington, DC 20049. Allow 6–8 weeks for delivery.

BY PAUL KRANTZ



It's new and improved.

Now with more healing ingredients.

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It's Vaseline® Intensive Care® Lotion as never before.

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It's frightening, but true. Because of high cholesterol, one out of four adults risks heart disease. Fleischmann's® has zero cholesterol and low saturated fat. And a low cholesterol, low saturated fat diet with foods like Fleischmann's can help stack the odds in your favor.



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GOOD FOOD/GOOD HEALTH

YOUR FAMILY NUTRITION GUIDE



HOW TO BEAT THE WINTER BLAHS

BY BARBARA GOLDMAN

Monday STOKE UP FOR THE MORNING WITH A HOT CEREAL

Start out a wintry week with a hot bowl of oatmeal or whole grain cereal—it'll warm your insides. Try this single-serving, high-fiber breakfast:

Spiced Oatmeal with Dried Fruit: In a small saucepan bring ¾ cup *water* to boiling. Gradually stir in 2 tablespoons *quick-cooking rolled oats,* ¼ cup *mixed dried fruit bits* or *raisins,* ¾ teaspoon *honey,* ¼ teaspoon *ground cinnamon,* ⅛ teaspoon *salt,* and dash *ground nutmeg.* Cook, stirring occasionally, 1 minute. Cover and remove from heat; let stand 3 minutes. Serve with ¼ cup *skim milk.* Makes 1 serving.

Nutrition information per serving, with ¼ cup skim milk: *166 cal., 1 g fat, 1 mg chol., 4 g dietary fiber.*

Tuesday FIGHT COLD WEATHER WITH IRON-RICH FOODS

Frosty toes and numb fingers, no more! Anemia or iron-poor blood makes you more susceptible to the cold. So protect yourself against winter chills by including plenty of iron-rich foods in your meals. That includes such foods as lean meats, fish, poultry, eggs, and dried beans, peas, and lentils. A bowl of chili can be a chill chaser.

Wednesday TREAT YOURSELF TO A TASTE OF SUMMER

Cultivate a sunny, summer mood with a big bowl of in-season fresh citrus fruits on your dining table. Or, serve up glasses of lemonade—hot or cold. You'll be the beneficiary of loads of vitamin C. What's more, when you serve oranges, grapefruit, or other citrus fruits along with high-iron foods, you'll increase your absorption of iron. Menu suggestion: broiled glazed pork chop; orange-carrot salad, cooked peas.

Thursday WARM YOUR SOUL WITH HOME-BAKED GOODNESS

Bake a nutritious bread from scratch, a rewarding activity on a cold or dreary day. Baking with yeast is a good way to teach children about this ingredient, too. When the bread comes out of the oven, relax with your family and enjoy the fantastic results.

Friday MAKE WINTER GREEN

Grow a mini-garden indoors by sprouting lentils, alfalfa seeds, and Mung beans. Use the sprouts to lighten up winter salads and sandwiches. For directions, see *page 37.*

Saturday DON'T FIGHT IT—TAKE ADVANTAGE OF WINTER FUN

Whether or not the snow falls, go outside for the fun of it. Bundle up and pack a thermos of hot soup. After an hour or more of sledding, skating, or walking, the soup will still be hot. Head to the warming house and replenish your energy. The soup will also provide the liquid needed during exercise. Try these combos: 6-bean soup with tomatoes, lentil soup with spinach, turkey and split pea soup.

Sunday GET TOASTY WITH A HOT BEVERAGE

Cozy up to a fire with a mug of cocoa, cider, or herbal tea. Hot liquids hit the spot! A mug of cocoa is an excellent source of calcium, and is particularly healthful if you use skim milk. Enjoy this nutritious cocoa variation.

Slim 'n' Spicy Cocoa: In a medium saucepan combine ¼ cup *unsweetened cocoa powder,* ¼ cup *water,* 3 tablespoons *honey,* 2 tablespoons *brown sugar,* ½ teaspoon *finely shredded orange peel,* and ¼ teaspoon *ground cinnamon.* Cook and stir over medium heat about 2 minutes or till smooth. Gradually stir in 1 quart *skim milk;* heat just to simmering. *Do not boil.* Remove from heat; stir in ½ teaspoon *vanilla.* Pour into 5 mugs. Serve with *cinnamon-stick* stirrers. Makes about 4 cups (5 servings).

Nutrition information per serving: *138 cal., 1 g fat, 4 mg chol., 1 g dietary fiber.*

continued on page 37



The omelet on the right was made with zero-cholesterol Scramblers.®

Or was it the one on the left?



Hard to tell. Because Scramblers® from Morningstar Farms® make your favorite egg dishes just the way you love them—only healthier. Scramblers are made from real eggs, but they have no cholesterol, less fat and fewer calories. In the frozen breakfast section.

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You probably have dozens of recipes you'll love making with Scramblers, but if you'd like more, write for our free booklet, "Recipes for Change": Scramblers, 900 Proprietors Rd., Worthington, OH 43085.

continued from page 35

AN INDOOR MINI-GARDEN

● **Choose from** alfalfa seed, barley, radish seed, lentils, Mung beans, rye berries, wheat berries, and buckwheat groats. (Make sure you get them at a supermarket or health food store. Don't use beans or seeds that are sold for gardening. They are treated with fungicides that are poisonous.)

● **In a bowl cover seeds** with water. Let stand at room temperature about three hours or till seeds swell; drain. (If you sprout more than one type of seed at a time, soak each type in a separate bowl.) Sprout seeds or beans following one of the methods below:

TRAY METHOD

● **Line a shallow tray** with three layers of paper towels; top with a single layer of cheesecloth. Arrange the seeds of your choice in a single layer over cheesecloth. (If you have more than one type of seed, place each in a separate section of the tray.)

● **Spray seeds thoroughly** with a fine water spray. (Paper towels should be wet, but seeds shouldn't stand in water.)

● **Tear off a piece of foil** large enough to cover tray; prick holes in the foil. Cover tray loosely with foil. Store in warm (65 to 75 degree), dark place.

● **Uncover tray; spray with water** four to five times a day until seeds sprout and grow ¼ inch. Then spray two or three times a day, keeping sprouts moist at all times.

● **Sprouts are usually ready to eat** in three to five days. At that time, remove foil and set tray in a sunny place for several hours to let leaves turn green. Continue spraying with water.

● **To harvest sprouts,** pull them off the cheesecloth.

JAR METHOD

● **Rinse and drain** soaked beans. Place in a clean glass jar (allow about ¼ cup soaked beans per 1-quart jar).

● **Cover top of jar** with plastic perforated lid (sold in sprouting kits) or two layers of cheesecloth. Screw on lid or fasten cheesecloth with rubber band.

● **Place jar** on its side so beans form a shallow layer. Store in a warm (65 to 75 degree), dark place. Rinse beans daily by pouring water into jar, swirling water around, and pouring it out through holes in lid or cheesecloth. Make sure you drain the beans thoroughly. Remove any molding beans.

● **Sprouts are usually ready** to eat in three to five days. If desired, place sprouts in a bowl, cover with water, and stir to remove hulls. Skim away hulls as they rise to the top. Drain. Pat sprouts dry with paper towels.

STORING AND USING SPROUTS

Store harvested sprouts in a covered container in the refrigerator. They're best if eaten within a few days, but will keep about one week. Use in salads, soups, sandwiches, breads, and spreads.

YIELDS

Alfalfa Seeds
2 tablespoons seed = 4 cups sprouts
Mild taste; tender

Barley
2 tablespoons barley = 1 cup sprouts
Mild flavor; crunchy

Buckwheat Groats
¼ cup groats = 2 cups sprouts
Nutty taste; tender

Lentils
2 tablespoons = 1½ cups sprouts
Mild taste; crisp

Mung Beans
¼ cup beans = 1½ cups sprouts
Mild flavor; crunchy

Radish Seed
2 tablespoons seed = 1 cup sprouts
Peppery taste; tender

Rye Berries
¼ cup berries = 1 cup sprouts
Slightly sweet taste; tender

Wheat Berries
¼ cup berries = 1 cup sprouts
Sweet and nutty taste; tender

BH&G

Now there's a Dove that smells like this.



Unscented Dove,® like original Dove, contains ¼ moisturizing cream. It won't dry your face like soap.

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Wash, but don't dry.



Dove® contains 1/4 moisturizing cream.
It won't dry your face like soap.

SPECIAL SECTION

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



STEVE BJÖRKMAN

Being alone after school can be scary.

HELP FOR LATCHKEY KIDS

Free self-care guides

When children are home alone after school, it can be scary for them and their parents—often with good reason.

Grade-school-age latchkey kids are prone to loneliness and accidents. Older kids, starting around eighth grade, risk exposure to drugs and alcohol.

Project Home Safe, a program of the American Home Economics Association and Whirlpool Foundation, helps communities to set up after-school care and to increase safety awareness of latchkey children and their parents.

Whirlpool Corporation is making several brochures available to parents. They offer tips on evaluating your child's readiness to stay home alone, assessing after-school programs, and finding ways to cope with those after-school hours.

For free copies of *Assessing Your Child's Readiness for Self-Care, Preparing Your Child for Self-Care,* and *Finding Quality After-School Care for Your Child,* write: AIS-Dept. PHS, Whirlpool Corp., Box 5551, Dept. BHG, Kalamazoo, MI 49003-5551.

DON'T DRINK AND NURSE

No bottles for breast-feeders



For years, doctors have recommended a glass of wine to encourage the release of milk in women who are nursing their babies. That suggestion may soon go by the board.

Even moderate regular drinking (one drink a day for at least three months) by the mother seems to have a slight but measurable, effect on the child's motor development. This is the first study to show an effect in babies of nursing women.

Four hundred babies who were within two weeks of their first birthdays were studied during 1982 and 1983. None of the mothers in the study were considered heavy drinkers.

Although the researchers caution that these findings will have to be verified in future studies, it's never too soon to play it safe.

The University of Michigan researchers who found the connection report that there's no evidence the delay in motor development has lasting consequences. And, noted chief researcher Ruth E. Little, there was no measurable effect on mental development.

Drinking during pregnancy is another matter, however. Many studies have shown that alcohol can cause severe retardation of the developing fetus.

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KIDS TO KIDS ON HEART HEALTH

Getting the word to your teens

Ever try to talk to your teens about healthful eating? Well, just your luck, there's a totally rude booklet you can order that can do the talking for you. *Straight from the Heart* was written by a group of 10- to 16-year-olds and is geared toward the MTV generation—your kids.

Just don't tell your kids the booklet is sponsored by the Kellogg Company and produced under the scientific direction of the American Health Foundation. Topics covered include cholesterol, fiber, and saturated fats. For a free copy, write to: Kids for Healthy Hearts, P.O. Box 3449, Battle Creek, MI 49016.

FEVER ISN'T ALWAYS BAD

Letting nature run its course



Don't be alarmed if your pediatrician opts not to use fever-reducing medicine for your child with chicken pox. A new study suggests that some children recover faster if their fever is allowed to run its course.

"Treat the child, not the thermometer," recommends Timothy Doran, M.D., a researcher with Johns Hopkins Children's Center in Baltimore.

If the child feels OK, there's no need to reduce a fever. (Note: Never give aspirin to a child with chicken pox or flu symptoms; using the drug in these cases may lead to Reye's Syndrome, a life-threatening medical condition.)

Dr. Doran and colleagues found that chicken pox blisters dried up about a day later in children treated with acetaminophen (Tylenol, Datril).

The researchers suspect the children's fevers may have helped kill the virus faster.

If your child feels miserable with fever, ask your doctor to recommend a fever-reducing medication. Otherwise, let nature take its course.

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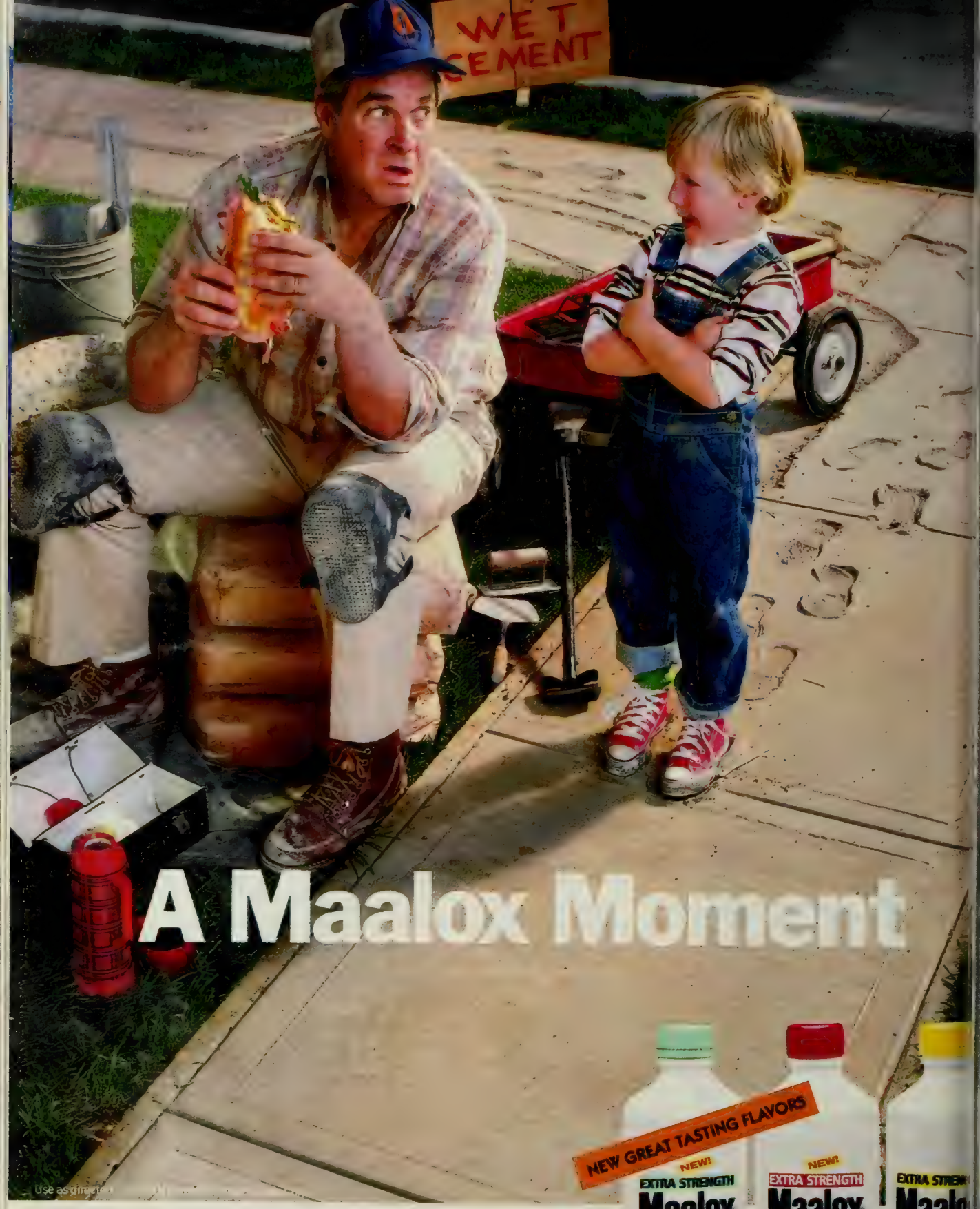
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IS YOUR CHILD HOOKED ON DRUGS OR ALCOHOL?

BY PAUL KRANTZ



JIM KRANTZ

Drugs and alcohol can shatter your child's life.

Americans are kicking the drug and alcohol habit. Overall current use of illicit drugs is down 37 percent since 1985, says a government study. Experts report that teens are turning off to both alcohol and drugs.

But chilling statistics remain. A 1988 household survey asked, "Have you used drugs or alcohol within the past 30 days?" Among the 12- to 17-year-olds who answered the survey:

- 5 million said yes to alcohol
- 1.2 million said yes to marijuana
- 400,000 said yes to inhalants like glue and cleaning fluid
- 225,000 said yes to cocaine or its deadly relative, "crack."

What's more, almost two million teenagers are regular users of illicit drugs. Many more are unable to control their intake of alcohol.

These children come from families rich and poor and everywhere in the middle, say researchers. No region of the country is immune, nor are suburban and rural kids left out.

Most children can be helped if they can get treatment—the earlier, the better. The chances of successfully beating a drug or alcohol abuse problem are greatest when the problem hasn't yet gotten a stranglehold on the child.

HOW DRUGS HARM

Drug and alcohol abusers usually start at age 12 or 13, and usage increases dramatically during the high school years. Telling these kids about the long-term effects of drugs may be a lost cause. "We rely too heavily on the argument that drugs are going to rot your mind," argues S. Kenneth Schonbern, M.D., who is director of adolescent medicine at Montefiore Medical Center, Bronx, New York. Most young abusers, according to Dr. Schonbern, can coast along for years without signs of physical damage.

The real danger, he says, lies in the obvious, but often trivialized, fact that drugs and alcohol make you drunk. He notes that the consequences of being drunk and young are profound:

- **Alcohol is a factor in 45 percent of fatal car accidents involving children,** and often plays a role in youth homicides and suicides.
- **Drugs and alcohol extinguish the ability and desire to learn.** Because they are unable to retain information, child drug abusers almost always do poorly in school.

continued on page 42

THE DANGER SIGNS

A parent who is not afraid to look can almost always detect drug and alcohol abuse by a child. Harvey Horowitz, M.D., director of the Adolescent Substance Abuse Program at Pennsylvania Hospital, points to six indicators parents should watch for:

- **Degeneration of relationships.** The youngster may begin to ignore or abuse other family members. Old friends, too, may fall by the wayside.
- **Plummeting grades.** Your child may begin by slacking off homework, then graduate to cutting classes. And the school activities and clubs that once mesmerized become boring or uncool.
- **Grooming grinds to a halt.** Worry when your teen shows a complete lack of interest in personal appearance.
- **Increased secrecy.** A teenager may refuse to reveal plans, friends' names, and virtually any other personal information.
- **Behavior changes.** Look for dramatic alterations in behavior, sleep patterns, energy levels, or appetite.
- **Telltale eyes.** Pupils may be wide open or pinpoint size, and the whites of the eyes bloodshot. A dull, glazed stare is another giveaway.

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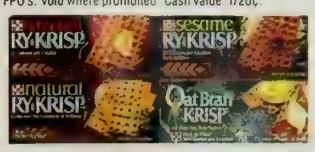
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RETAILER: Ralston Purina Company, P.O. Box 1001, Mascoutah, IL 62224, will redeem this coupon per our Coupon Redemption Policy, available upon request. Consumer must pay sales tax. Good only in USA, APO's, FPO's. Void where prohibited. Cash value: 1/20¢.

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continued from page 40

● **Outside activities also fall by the wayside.** Deprive of acceptable ways to explore their changing world, thes kids fall off the track that leads to a productive adulthood.

WHY KIDS START

Peer pressure and a frantic need to be accepted drive th majority of young abusers, says Michael Peck, Ph.D., a Lo Angeles psychologist. Children become particularly vulnera ble at about age 13 or 14, he notes, but the push to abuse ca begin much earlier.

For instance, 36 percent of fourth graders surveyed b *Weekly Reader* magazine said kids their age felt "some pres sure" or "a lot of pressure" to try beer, wine, or liquor. B sixth grade, 51 percent reported such pressure. One quarte of fourth graders said they felt that kids their age wer pressured to try marijuana and cocaine.

Depression, paralyzing anxiety, and a natural inclinatio toward risk-taking also push kids to drugs, adds Dr. Peck. De pression, particularly, is often overlooked by parents wh don't expect kids to have serious mental health problems.

IF YOU KNOW OR SUSPECT

For parents who find out their children are experimentin with drugs or alcohol, it's natural to let it go by, says psychol ogist Peck. "That's a big mistake," he says. "Kids will say anything to put off parents: 'I've only done it a couple o times with my friends' or 'I'll never do it again' are common forms of denial."

Peer pressure and a frantic need to be accepted drive the majority of young abusers.

The blunt approach is what works best, insists Cheryl Rugg, director of child and adolescent services at De Paul Hospital in Milwaukee. "Be angry. Get upset. Make it a memorable occa sion," she says. Too many parents of drug and alcohol users, she feels, try to "accept and understand."

Denial on the parents' part is especially common when alcohol is the drug at issue. "Some will even think, 'Thank God my child only drinks,' " Rugg notes.

From the very beginning, argues Rugg, there have to be consequences for the child who abuses. Losing driving privi leges may be a first consequence, she suggests. Next, the child may have to forfeit his or her driver's license. Conse quences must get tougher if the problem persists.

Along with these punishments, the child needs to talk to a professional from the start, says Rugg. That may be a school-based drug counselor or a mental health professional like a psychiatrist, psychologist, or a psychiatric social worker.

"Look for someone trained to deal with substance abuse," suggests psychologist Peck. Seeking out a professional with a strong mental health background is crucial if the child has underlying problems like depression or severe anxiety. Dr. Peck also strongly recommends a so-called "12-step pro gram," the most well-known being Alcoholics Anonymous. Similar organizations have been formed to help people who abuse drugs. (See "Where to Find Help," *page 43.*)

HEN TO HOSPITALIZE

The child who is sincerely motivated get off drugs or alcohol may be well-ited to outpatient therapy. But there e times when a hospital stay is in the st interests of the child. These in-ıde youngsters who:

- are addicted to cocaine, heroin, or her physically addicting drugs like rcotics
- steadfastly deny they have a problem present a danger to themselves or to ners
- live in families that are unable to of- support and guidance

The decision to hospitalize is usually ade jointly by parents and a psychia-st or other medical professional. Al-ough often expensive ($300 a day for to 30-day programs isn't unusual), in-tient care is usually covered by alth insurance. Unfortunately, cov-age is often limited in scope. De Paul spital's Rugg admits that there are nes when insurance coverage doesn't t long enough to completely resolve the problem. That's when local social services can be especially important.

STOPPING ABUSE BEFORE IT STARTS

From their earliest years, youngsters need to be told that medicine and other drugs are not to be used to overcome feelings of sadness or to gain extra energy. Any act of taking medicines needs to be approached as serious business.

Parents must also be aware of factors that predispose kids to experiment: depression, a family history of alcohol or drug abuse, a home wracked by conflict, poor school performance, or a child who feels like a social outcast. In fact, most of the signs of drug abuse listed on the opening page of this article can also function as early warning beacons of abuse to come.

Prevention, obviously, is the ideal solution to drug and alcohol abuse. But by never assuming that your child is abuse-proof, you'll remain on guard and ready to act should the worst happen in your family.

HOW TO FIND HELP

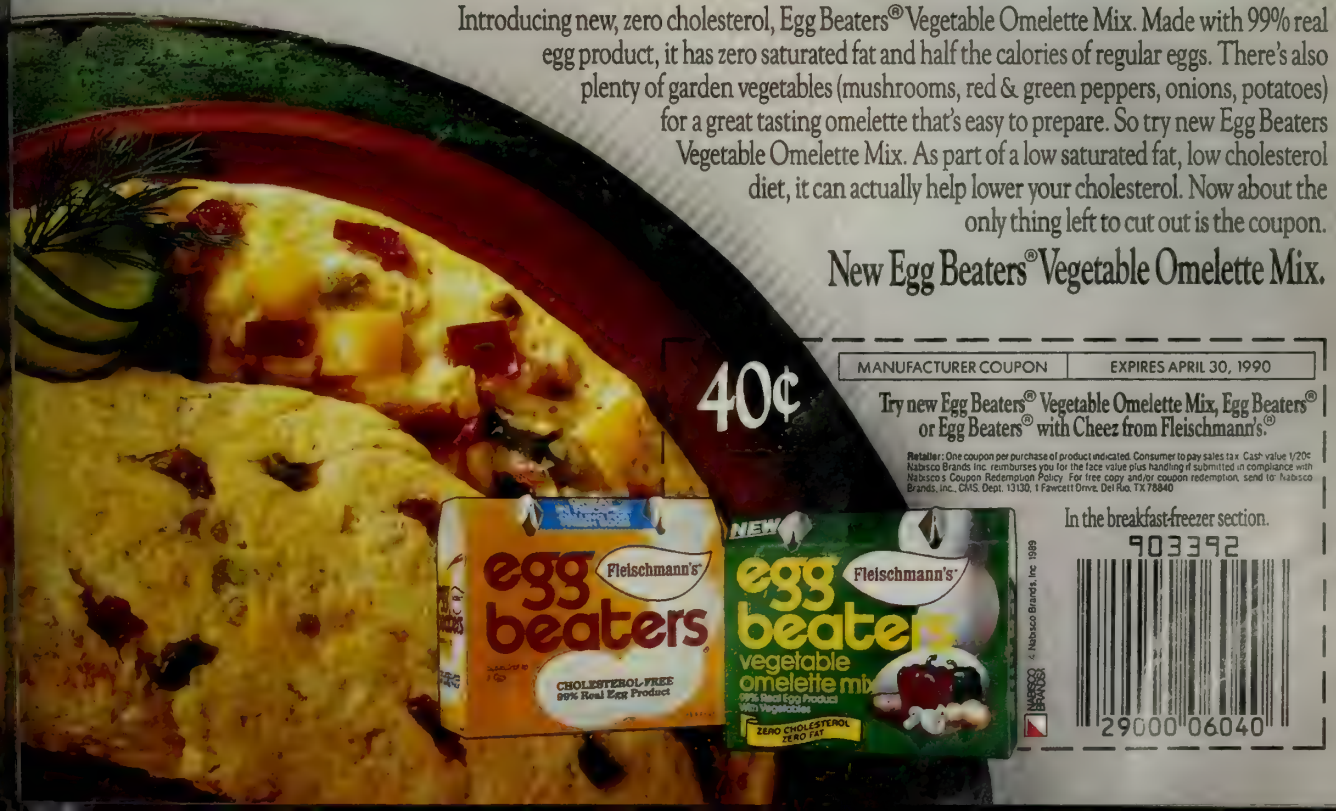
Your physician or school health workers can help you find treatment for a child abusing drugs or alcohol. Or, call one of these toll-free phone numbers for guidance, information, or local referrals:

- Alcohol and Drug Helpline for referrals: 1/800-821-4357. Open 24 hours a day.
- National Drug Information and Referral Line. 1/800-662-4357. Open 9am–3am Eastern Monday–Friday; 12 noon–3am Saturday and Sunday. Referrals to local treatment and support groups, counseling via telephone.
- National Parents' Resource Institute for Drug Education. 1/800-241-7946. Open 8:30am–5pm Eastern Monday to Friday. (Computer answers at all other times, offering information via touch-tone phones.) Information and referrals.

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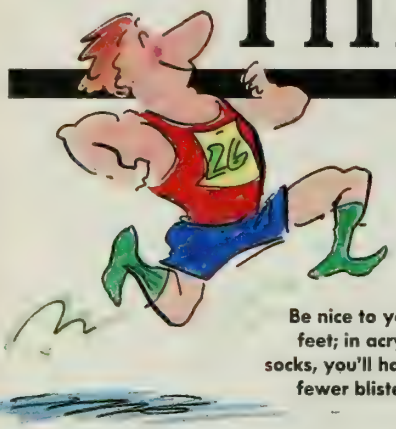
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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



Be nice to your feet; in acrylic socks, you'll have fewer blisters.

ILLUSTRATIONS: STEVE BJÖRKMAN

BLISTER BUSTERS

Acrylic socks treat your feet kindly

Looking for a Valentine for your favorite athlete? Consider acrylic socks.

California College of Podiatric Medicine researchers in San Francisco compared socks to see which material best allowed runners to maintain a blistering pace, without blistering their feet.

Acrylic has the most socks appeal, the researchers concluded after studying 60 runners in 800 runs averaging 50 minutes each.

Cotton socks caused twice as many blisters as acrylic. Not only that, cotton-caused blisters were on average three times bigger than the acrylic-related sores.

Acrylic keeps blister-causing moisture from the skin, says Douglas Richie, Jr., DPM. Cotton holds moisture next to the skin, balls up, then bunches. A cotton-acrylic blend is not much better than cotton; the two fibers wear differently, creating a rough material.

Thin socks, a favorite among runners, got the boot as well. In a follow-up study of 475 marathoners, Richie found that thin socks promote blisters.

Thick acrylic socks not only absorb moisture, they offer better protection against friction and pounding so often encountered in running.

BY GARY LEGWOLD

—Free-lance writer Gary Legwold, a frequent contributor to these pages, keeps fit in Minneapolis.

WATER, WATER EVERYWHERE

But don't forget to drink

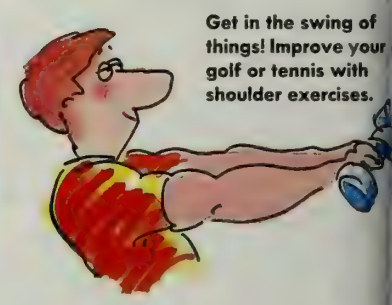
You lose about a quart of water for every hour you exercise, or about a pint for every pound you lose during workouts.

So don't be water-resistant. Water keeps you cool and boosts performance. Lose 2 percent of body water, and performance may drop 20 percent; lose 4 percent and it drops 30 percent—plus you risk heat stroke.

The message: Drink up, even in winter when dry air saps your supply. To learn more about water quality, bottled water, and water as a diet aid, write for the free brochure, "Water... The Essential Nutrient." Send SASE (business size) to: American Running and Fitness Association, 9310 Old Georgetown Rd., Dept. BHG, Bethesda, MD 20814.







Get in the swing of things! Improve your golf or tennis with shoulder exercises.

SHORING UP SHOULDERS

Exercises to save your swing

Thinking about a golfing or tennis vacation? Then think shoulders, which are at the center of your swing in both games.

Exercises can stretch and strengthen the four muscles of the shoulder's rotator cuff, which act as "brakes" for forward-swinging arms.

Here are some exercises to try:

- Stretch the back of the shoulder by grasping with one hand the opposite elbow. Pull the elbow across your body, hold for 15 seconds, then release. Repeat five times, then switch sides.
- Reach both arms behind the head and bend one elbow. With the opposite hand, gently push the elbow down, as if scratching the center of your back. Hold for 15 seconds, release, repeat five times, then switch sides.
- To strengthen the rotator cuff muscles: Using light weights, lift straightened arms to shoulder level. Keep your thumbs down and your arms straight out in front of you. Lower arms and repeat 10 times.

The following books offer shoulder care information: *30 Exercises For Better Golf, Women's Exercise Guide To Better Golf,* and *Shoulder and Arm Exercises for Baseball Players.* Send $10 apiece for the first two, $5 for the third, to Champion Press, Centinela Hospital Medical Center, 555 E. Hardy St., Dept. BHG, Inglewood, CA 90307.

continued on page 46

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*Promise stick, 89%, Promise Extra Light, 94% saturated fat-free.

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Now you know why Kaopectate is the right choice for you and your family.



The Diarrhea Specialist™

continued from page 44



YOU'LL NEVER WALK ALONE

Especially if you walk in a mall

The weather outside may frightful, but inside it's alwa delightful—inside a shopping ma that is. Mall walkers laugh at snow!

They find this is the perfect time year to combine exercise and shoppin Most mall walkers make tracks befo the crush of shoppers makes mall wal ing a pell-mell affair. Malls often op early for mall walkers. That on proved beneficial to local law enforc ment officials, when a group of earl morning mall walkers actually help to solve a mall-related crime.

If you're just beginning, try walkin 15 minutes every other day and wor up to an hour daily. But before y walk, get your doctor's OK and a goo pair of shoes.

For help getting started, or more i formation, contact the National Org nization of Mall Walkers. Started i 1987 by Tom Cabot, NOMW gives ma walkers incentives to keep at it.

NOMW offers awards, and for $ will provide a log for keeping track your miles. Mall-walk 50 miles, ar you get a patch. Repeat the proce each 50 miles. At certain times of t year, distances covered can also be a plied to the Presidential Sports Awar from the President's Council on Phys cal Fitness and Sports.

NOMW is organizing local mal walking clubs, which can sponso events and offer a social aspect to wall ing. Mall maps may be made throug NOMW on request. They help walke determine distances and how long should take to walk that distance.

For more information write NOMW P.O. Box 191, Dept. BHG, Herman MO 65041.

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THE CHOLESTEROL CONTROVERSY

Confused by Conflicting Opinions? Here's Advice You Can Live With


LAURA MEADOWS

BY PAUL KRANTZ

Judging from the reaction to Thomas J. Moore's new book, *Heart Failure* (Random House), you'd think that he was the first to notice the simple truth: Not all experts agree that cholesterol plays a major role in causing heart disease. In reality, this isn't news. Respected medical journals regularly publish well-documented articles supporting the idea that this fatlike substance is really just a bit player in the whole affair.

Fortunately, the two sides share enough common ground to allow for some sensible recommendations. Here's a rundown on the conflict, and some practical advice.

WHEN EXPERTS COLLIDE

The battle lines in the conflict over cholesterol tend to be drawn along three fronts:

● **What the studies show.** Research involving thousands of participants shows that the link between high cholesterol levels and heart disease is strongest in middle-aged men. People over 65 and premenopausal women seem much less at risk. This leads some researchers to argue that cholesterol, by itself, can't automatically be associated with the clogged arteries that lead to heart attacks. Contrarians also note that some people with high cholesterol levels live to a ripe old age, while others with "safe" cholesterol levels are felled in midlife by heart disease.

The majority of experts believe that the bulk of evidence—though not all of it—supports the notion that the more cholesterol in your bloodstream, the greater your risk of heart disease. One study in particular, the Coronary Primary Prevention Trial, predicts that for each 1 percent decline in blood cholesterol, your risk of heart disease falls 2 percent.

● **Secondary factors.** Many things contribute to your risk of heart disease; that's one reason it's difficult to pinpoint the role played by cholesterol. These other risk factors include a family history of early (before age 55) heart attacks, high blood pressure, smoking, being a male, obesity, and a sedentary lifestyle. In the absence of these risk factors, say contrarians, cholesterol is much less a worry.

Even if that's true, retort the majority of researchers, cholesterol remains a risk factor that can be controlled, unlike, say, one's family history. What's more, high cholesterol levels are almost always accompanied by one or more other risk factors. The resulting risk is usually higher than simply the sum of the two risks.

● **Cholesterol control.** Lowering your cholesterol level isn't easy. Many folks have trouble sticking to a low-cholesterol, low-fat diet. And in some people, the "heart-smart" diet has no effect. Cholesterol-taming drugs work, but have unpleasant side effects and uncertain long-term risks. In light of these difficulties, say contrarians, it doesn't make sense to hound people over the *relatively* minor risk of cholesterol.

The majority of experts disagree, noting that most people's cholesterol levels do respond to a sensible diet. Even a slight reduction is better than none. And when drug therapy is limited to those at highest risk, the benefits far outweigh the drawbacks.

NOW, THE SENSIBLE ADVICE

Confused? That's understandable, but it's no excuse for turning away from the advice you've read in these pages for several years now. The evidence clearly supports what we've recommended for some time:

1. Eat wisely and watch your weight. That means loading up on vegetables, fruits, and whole grains. The less fat you eat, the better off you'll be. And remember, slow, steady weight loss far outshines yo-yo dieting.

2. Exercise moderately. Thirty to 45 minutes of brisk walking a day is a proven way to lower your risk of heart disease. And it's a good way to relax.

3. Watch your blood pressure. High blood pressure is the major cause of heart disease and strokes. Have your pressure measured often and follow your doctor's advice in keeping it down.

4. Stop smoking. It's a major, controllable cause of heart disease.

5. Pay attention to cholesterol. Your doctor can recommend what's best for you based on your entire risk profile. Before starting drug therapy, however, you might want to get a second opinion; ultimately, the decision is yours alone. BH&G

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ajor university medical school, where participants added 56 grams (or two nces) daily to a fat modified diet. The results? Original Quaker Oat Bran t cereal helped reduce cholesterol significantly as part of that diet.

And now, Quaker Oat Bran comes in a crunchy cold cereal and three new icrowaveable hot cereals. More ways to get the oat bran you want every day, d more ways to enjoy it. So get your oat bran from The Expert. Quaker.



Oat Bran From The Expert.™

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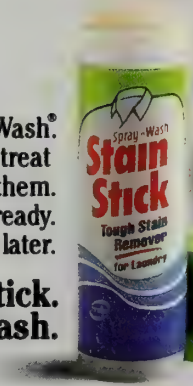
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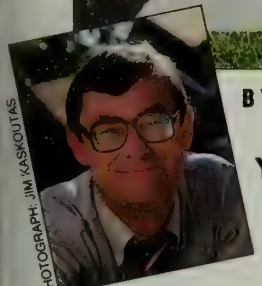


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BEST HOUSES COAST TO COAST FOR $150,000 OR LESS





PHOTOGRAPH: JIM KASKOUTAS

BY WILLIAM L. NOLAN

YOUR HOUSING DOLLAR buys a good deal more these days than you might think—more style, more quality, more livability. If you're yearning to trade in your fixer-upper or starter home for the kind of house you've always dreamed about, you couldn't have picked a better time. Start your search by sampling our best-ever roundup of medium-priced new houses coast to coast. (Note: prices listed were current at the time of photography and may not include land costs.)

continued on page 52

IOWA

$150,000

continued from page 51

EYE-POPPING CONTEMPORARY

It's true: The price tag on this custom-designed contemporary matches that of an ordinary tract house. Housing costs in the Midwest are among the lowest in the country, but these homeowners made their money work even harder by hiring an architect who knows where to spend and where to cut corners.



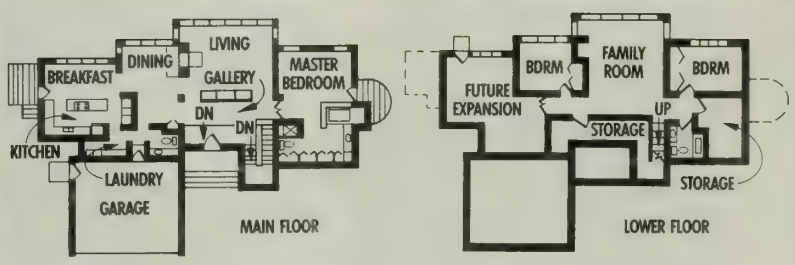
A wall of windows puts the living room in the treetops; the ceiling peaks high above the hearth. Result: showhouse drama with a tract-house price tag.

ARCHITECT: WALKER METZGER ARCHITECTS, P.C. BUILDER: BARNETT CONSTRUCTION
PHOTOGRAPHS: WILLIAM N. HOPKINS, HOPKINS ASSOCIATES REGIONAL EDITOR: MARY DIDIO





The front hall doubles as a grand gallery. Low-E glass overhead minimizes energy loss; bold beams anchor the airiness.



Tucking two bedrooms on the lower level shaved costs and yielded room upstairs for a luxurious master suite. Storage units divert gallery traffic around the living room.

Buying information, page 123.

continued on page 58

"This porridge is just right!"



PREMIERE GRADE
THE ASHTON-DRAKE GALLERIES

Shown smaller than actual size of 14¼ inches tall. Complete with wooden porridge bowl, spoon, and doll stand.

©1990 The Ashton-Drake Galleries, 212 West Superior Street, Chicago, IL 60610-9948 AD-1149B

"Goldilocks"



Even though Goldilocks knows she mustn't use others' things without permission, her curiosity gets the best of her. Our little explorer finds the home of the Three Bears irresistible. That is, until she's startled by their return!

An original issue in an enchanting collection of fairy tale dolls by Dianna Effner and the Knowles China Company, "Goldilocks" captures the adventurous spirit of a delightful little girl.

Quality Craftsmanship in Every Detail

"Goldilocks" is meticulously handcrafted with head, arms, and legs cast of fine porcelain that's hand-painted in soft, lifelike colors. Her brown eyes are hand-set for added realism, and her head may be turned from side to side or tilted up or down for expressive posing. "Goldilocks'" hand-tailored white dress and blue floral pinafore are trimmed in eyelet ruffles and embroidery, and are worn with dainty white bloomers, hose, and ankle strap shoes. Baby Bear's hand-painted wooden porridge bowl and spoon complete the costume. Each doll is hand-numbered and comes with a matching-numbered Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls*, these distinctive features have earned "Goldilocks" the highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once a doll's edition is sold out, those who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But a doll of exceptional artistry and craftsmanship—such as "Goldilocks" with her Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Goldilocks" is an original issue in a prestigious Knowles collection, just as the exceptional closed-edition dolls in the chart below. "Goldilocks" has similar credentials that make her potential for market success seem just as promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Goldilocks" can be yours to cherish for only $68.00...an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached Reservation Certificate. "Goldilocks" is issued in an edition that will close forever in 1990, after which no more will ever be made. Order today.

Doll	Maker	Year of Issue	Issue Price	Auctioned Price*	Change
"Little Bo Peep"	Knowles	1987	$58	$275	+$217
"Mary Had A Little Lamb"	Knowles	1988	$58	$200	+$142
"Jennifer"	Knowles	1988	$58	$375	+$317

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the Oct. 15, 1989 auction. Other resale prices may vary.

THE ASHTON-DRAKE GALLERIES
212 West Superior Street
Chicago, Illinois 60610-9948

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
March 15, 1990

YES, please enter my reservation for "Goldilocks" from the *Heroines from the Fairy Tale Forests* collection. Limit: One doll per customer. I understand that I need send no money now and will pay for the doll in four convenient monthly installments of $17.00* each, the first being billed before shipment.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Goldilocks" to the Ashton-Drake Galleries at any time ***within one full year*** after I receive her for a refund or credit of the full purchase price including postage.

X
Signature _____ Date _____

Name (please print) _____ Telephone ( ) _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

*Plus $2.94 home delivery fee and any applicable state sales tax. Offer valid in the U.S. only. Please allow 4 to 6 weeks for delivery.

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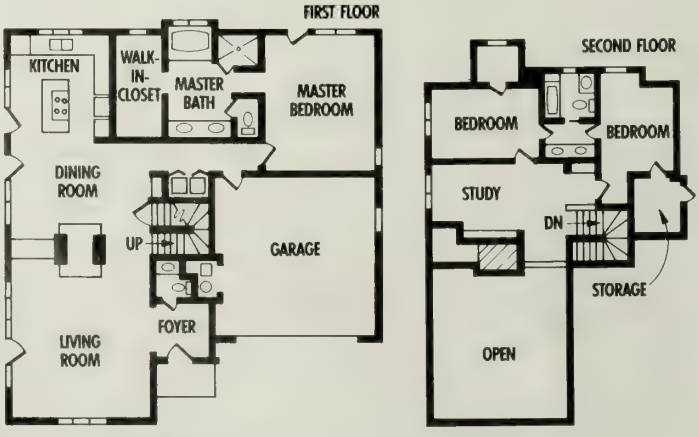




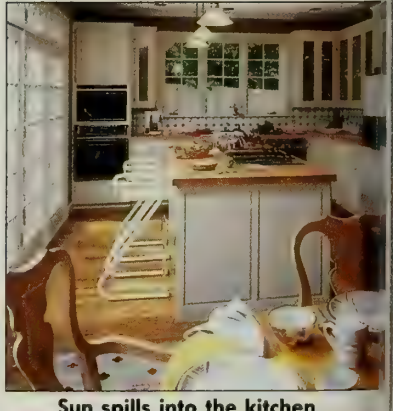
Timber trusses span the living room above an arched fireplace you can almost walk into.

COUNTRY-ENGLISH CHARMER

Just *try* resisting the vintage charms of this 1990s cottage in Tulsa: gabled peaks, timbered trim, a soaring chimney, and quaintly paned windows. Outside, it merges comfortably with its 1920s neighbors; inside, it harbors up-to-the-minute convenience, vaulted ceilings, and a free-flowing plan.



Borrow this home's blueprint for privacy: a quiet retreat downstairs for Mom and Dad, play space upstairs for the kids.



Sun spills into the kitchen through small-paned French doors. Glass-front cupboards line the work area.

Buying information, page 123.

continued on page 60

ARCHITECT ALAN MADEWELL, AIA BUILDER J. ANDERSON PROPERTIES PHOTOGRAPHS GENE JOHNSON REGIONAL EDITOR NANCY INGRAM



Hospitals use TYLENOL® 18 times more than all ibuprofen brands combined.

ACETAMINOPHEN

No one knows more about taking care of pain than hospitals. So, with all the pain relievers available today, what are hospitals using more than ever for everyday pain? TYLENOL. In fact, in a year, hospitals use TYLENOL 285 million more times than all other brands combined. If hospitals use TYLENOL most, shouldn't it be *your* first choice for pain?

TYLENOL®. The pain reliever hospitals use most.

Comparison relative to non-prescription pain relievers only. Use only as directed. © McNeil, 1989.

continued from page 58



TILE-ROOFED VILLA

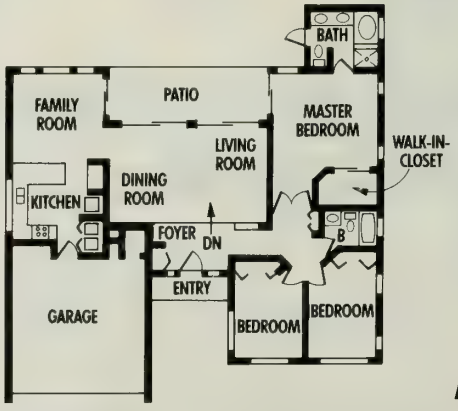
Looking for a house with an outgoing personality? You'll feel right at home in the "Bianca"; it embraces you out front and wraps around the pool terrace out back. Main rooms flow together and overlook the terrace. A breezy retreat on your own home ground.



The rear walls form a sheltered cove outside the living room and family room.

Patio doors turn the family room into a poolside cabana. Adjoining windows leave room for the sofa while scooping in the view.





The floor plan's big bonus is easy access: just a few steps from the kitchen to the garage and from the master bath to the pool. A short hall serves all three bedrooms.

Buying information, page 123.

continued on page 63

ARCHITECT: ART DANIELIAN BUILDER/DEVELOPER: ARVIDA/JMB PARTNERS PHOTOGRAPHS: TOM KNIBBS REGIONAL EDITOR: KIT BRADSHAW

TRANQUILITEA



Oh my, what a day. Take a deep breath and a long tall glass of Tetley® Decaffeinated Tea. And you are basically set. Tetley is so clear and crisp. It's got those tiny little Tetley tea leaves. It's naturally, oh so naturally decaffeinated. It's no wonder folks all over the country are switching to Tetley.

BETCHA GONNA LIKE IT BETTER, TOO.™



SOUPED UP TASTE

Del Monte® Italian Style Stewed Tomatoes add instant flavor to homemade recipes. The plump California tomatoes and delicious spice make the recipe below a zesty family meal you can serve in minutes on any winter day.



QUICK AND ZESTY VEGETABLE SOUP

1 lb. lean ground beef
½ cup chopped onion
2 cans (14½ oz. each) *Del Monte*® Italian Style Stewed Tomatoes
2 cans (13¾ fl. oz. each) beef broth
1 can (17 oz.) *Del Monte* Mixed Vegetables
½ cup uncooked medium egg noodles
½ tsp. oregano

In large pot, brown meat with onion. Cook until onion is tender; drain. Salt and pepper to taste. Stir in remaining ingredients. Bring to boil; reduce heat. Cover and simmer 15 minutes or until noodles are tender. 8 servings (1 cup each).

Preparation time: 5 minutes.
Cook time: 15 minutes.

WE GROW GREAT TASTE Del Monte QUALITY

© 1990 Del Monte Corp.

continued from page 60



ARCHITECT THE NEWPORT COLLABORATIVE BUILDER KINDU CONSTRUCTION CO PHOTOGRAPHS D RANDOLPH FOULDS REGIONAL EDITOR ESTELLE BOND GURALNICK



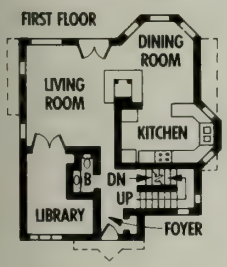
High there! The soaring entry in this house lets you greet visitors no matter which floor you're on.

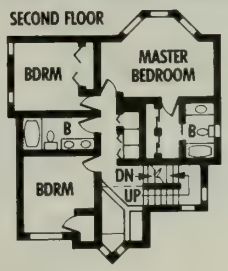
SHINGLE-STYLE STRETCH

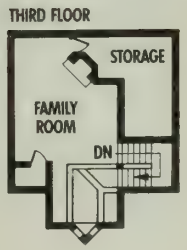
If you're building on a small lot, think tall. Second-story bump-outs and a three-level plan deliver family-size roominess in this striking town house. Artful window and door openings lend urbanity and privacy.



Terra-cotta laminate warms the white-tiled kitchen; black accents add snap.







Rooms on the main floor meander around a three-sided fireplace. The attic houses a quick-getaway family retreat.

To order Plan No. 19256, see page 141.

Buying information, page 123.

continued on page 68



"Ruby-throated Hummingbird and Lilies" by wildlife artist Cyndi Nelson

Shown actual size: 6½ inches diameter

©1989 Pickard, Inc.®

An enchanting portrait of nature's tiny winged jewel . . . a Bradford Exchange recommendation



Amazing. Iridescent. Like a sparkling jewel, the ruby-throated hummingbird in his ruby bib and emerald green cloak visits snow-white lilies in an endless quest for nectar. "Ruby-throated Hummingbird and Lilies," a fine china collector's plate, created from an original work of art by wildlife artist Cyndi Nelson, is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Ruby-throated Hummingbird and Lilies" is an important first issue in the ***Gems of Nature: The Beautiful Hummingbirds*** series, hallmarked by Pickard, Inc.

It's an important work of art by renowned wildlife artist Cyndi Nelson. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Ruby-throated Hummingbird and Lilies" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $280.00* – more than 1,300% of its $21.50 issue price. More recently, if you had acquired "The Pintail," first issue in the Knowles *Jerner's Ducks* series, you would now own a plate valued at nearly four times its 1986 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever-changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Ruby-throated Hummingbird and Lilies" as one of the year's top prospects. . . and we'll back up your purchase with our 365-day money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage, without the necessity of a resale transaction.

To acquire "Ruby-throated Hummingbird and Lilies" at its $29.00 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Ruby-throated Hummingbird and Lilies" is now – *before* it has a chance to increase in value.

*As reported in the Bradford Exchange *Current Quotations®*, Vol. 17-3.

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A BRADFORD EXCHANGE RECOMMENDATION APPROVED

Please respond by: February 28, 1990

"Ruby-throated Hummingbird and Lilies"

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

Please enter my order for "Ruby-throated Hummingbird and Lilies." I understand I need send no money now. I will be billed $29.00, plus $2.79 postage and handling, when plate is shipped. (Limit: one plate per customer.)

Signature

Mr. Mrs. Ms. _____ ( )
(Circle One) Name (Please Print) Telephone

Address

City State Zip

5171-E 81246

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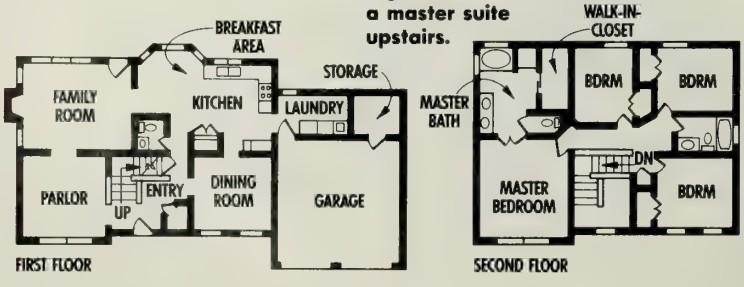
GRACIOUS BRICK COLONIAL

Come home to an American classic, the Georgian brick two-story. We singled out the "Charleston," a favorite among Atlanta-area homebuyers for its unusually graceful lines, fine detailing, and commodious plan.



Open the door to quality: hardwood floors, oak banisters, and a fanlight transom.

Two full floors net ample space for formal and informal dining downstairs, three big bedrooms and a master suite upstairs.



Traditional touches include dentilled molding and a tray ceiling in the family room.



Buying information, page 123.

continued on page 71

DESIGNER/BUILDER: THE DREES HOMES COMPANY. INTERIOR DESIGN: SALLY GRINNELL AND KATHY ANDREWS. MERCHANDISING CONCEPTS. PHOTOGRAPHS: MIKE MORELAND. REGIONAL EDITOR: RUTH L. REITER


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Super Slims
Rich, satisfying taste.
Only 9 mg tar.
and menthol 100's.
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The Gourmet Tastes Of Taster's Choice®



The Finest Gourmet Beans,

perfectly roasted and blended for exceptional smoothness, aroma and richness.



Fresh Brewed, Then Freeze Dried,

to lock in the full coffee flavor and aroma until you release it.



In A Superb Selection Of Distinctive Blends.

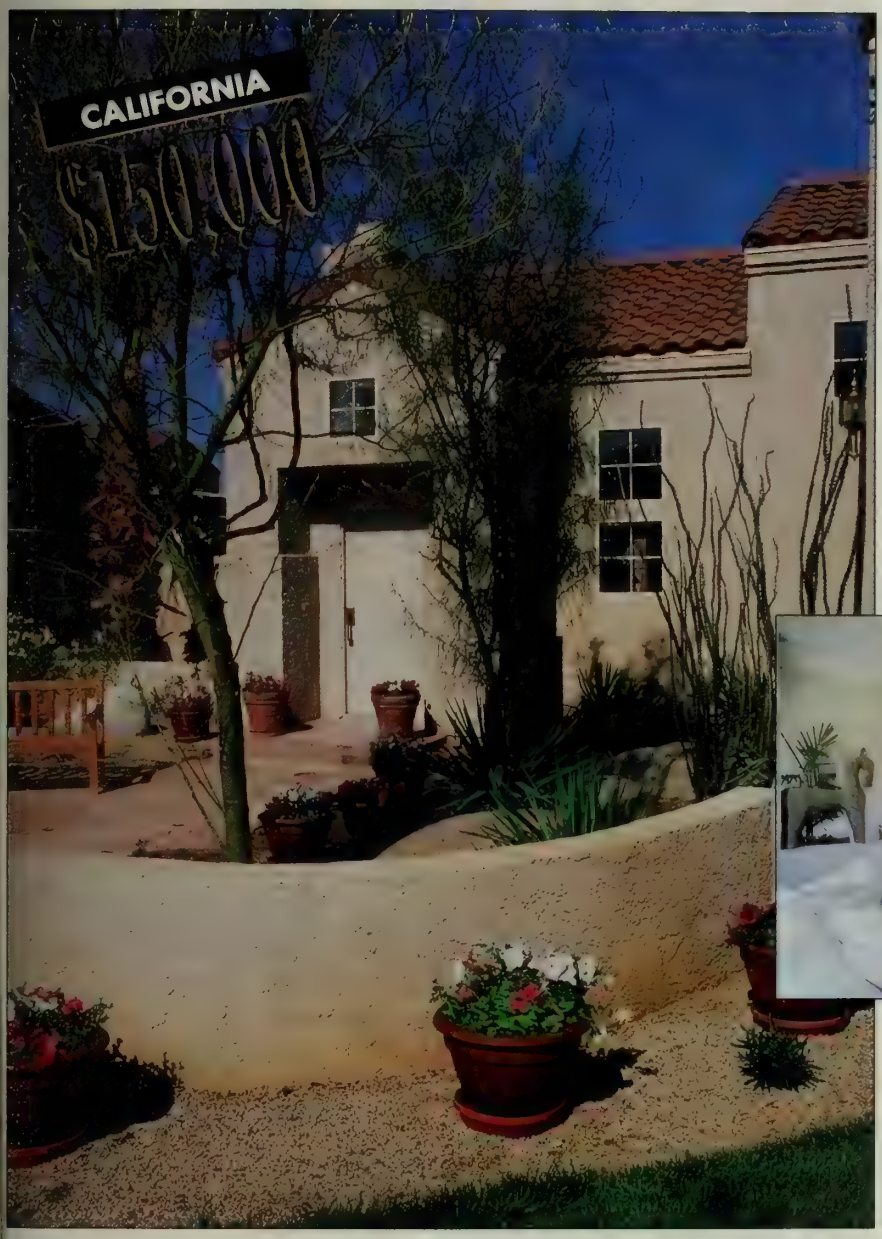
Original Blend™
A rich, full-flavored taste, also in naturally decaffeinated.

Maragor Dark Roast™
An extra-rich, robust taste, also in naturally decaffeinated.

Colombian Select™
Half the caffeine and all the flavor of 100% Colombian beans.

We're The Only Ones Who Do All This, We're Taster's Choice, The Choice For Taste™.

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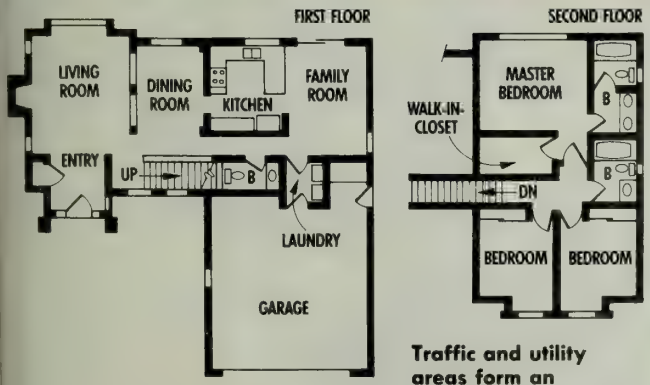


DESERT ADOBE DRAMA

Like wind-sculpted outcroppings, this house offers a cool, thick-walled oasis in the desert—or in a sunbaked subdivision. A deep niche shelters the entry; miniwindows fend off the hot sun.



Big cutouts and a wide entry arch dramatize the home's sculptural mass. The first-floor ceiling rises a full 14 feet.



Traffic and utility areas form an efficient, space-saving "spine" that links the main rooms.



Mexican tile flooring jogs up the wall to frame the fireplace. Sandy-hued walls echo the adobe styling.

Buying information, page 123.

continued on page 73

"IT'S ABOUT TIME!"™





DELICIOUS VEGETABLE AND SAUCE DISHES THAT AREN'T FROZEN.

It's about time for new Del Monte Vegetable Classics.® Ten delicious vegetable dishes that go from cupboard to microwave to delicious in just three minutes. Del Monte Vegetable Classics. Look for all ten varieties in the canned food aisle.

WE GROW NEW IDEAS Del Monte Quality



MANUFACTURER'S COUPON

HURRY! REDEEM BY 5/31/90

SAVE 55¢

WHEN YOU BUY ANY ONE (1) VARIETY OF DEL MONTE VEGETABLE CLASSICS.® IN THE CANNED FOOD AISLE.

RETAILER: One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/20¢. DEL MONTE FOODS USA reimburses you for the face value plus handling, if submitted in compliance with DEL MONTE'S Coupon Redemption Policy. For free copy and/or coupon redemption, send to: DEL MONTE FOODS USA/NABISCO BRANDS, INC., CMS Dept 13130, 1 Fawcett Drive, Del Rio, Texas 78840

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EXPIRES MAY 31, 1990

WE GROW SAVINGS Del Monte Quality

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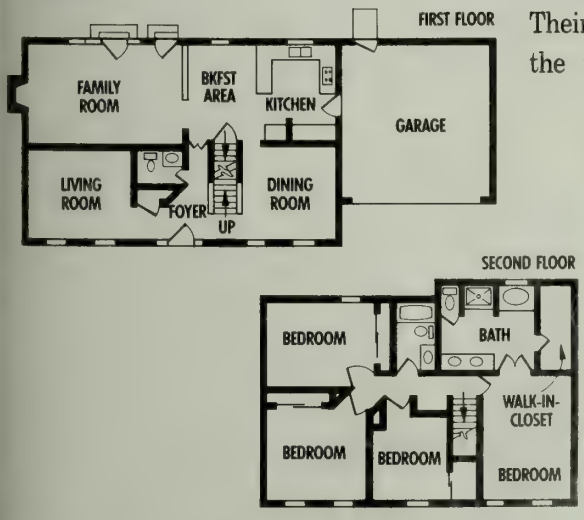
continued from page 71



CLASSIC YANKEE CLAPBOARD

New Englanders transplanted to the prairie took along Yankee notions about home design. Their influence surfaces here in the narrow clapboard siding, small-pane windows, and symmetrical front facade. This kind of homespun plainness pays off; simplicity yields a lot of house for the money.

Time-tested features in the plan include a a center hall, backstairs privacy for family activities, and four big bedrooms upstairs.





The staircase doubles as a space-stretching room divider between the foyer and the dining room.

Buying information, page 123.

TRADING UP

How to Pay for a Bigger, Better Home



BY MARGARET DALY

You're all set to trade up to the home of your dreams—perhaps one like those we show on *pages 51–73.* Now, how are you going to pay for the big leap?

You're hopeful that you'll get a good chunk of equity from your present home to cover the down payment, closing costs, even some other expenses. But what if your current house does *not* provide enough cash? Or your income won't qualify for the larger mortgage needed? Or you can't sell your home in time to close on the new purchase?

What, really, can you afford to buy? The chart on this page gives a ballpark idea, at various income ranges, with a typical 30-year, fixed-rate mortgage. Don't be discouraged if you don't see an immediate fit. Markets, lenders' policies, family incomes, taxes, and other factors vary—and with them, your financing strategies.

Tip: A good Realtor can help you with both ends of the deal—selling your present home and buying the new one. That's especially critical when you need to make tricky decisions about pricing, timing, and financial options.

Check any Realtor's credentials, reputation, and willingness to spend time explaining your options. He or she also should have good connections with the financial community. If you are moving to another city, a national network of Realtors often makes sense.

THE CRITICAL DOWN PAYMENT

The larger the down payment, the smaller the loan you'll need—but that's not always your best strategy. Consider such questions as these:

● **How much cash must you put up?** With some exceptions, lenders generally require at least a 10- or 20-percent down payment for a trade-up—$15,000 or $30,000 on a $150,000 house. That leaves $135,000 or $120,000 to be financed, amounts generally requiring at least $50,000 or $60,000 annual incomes to qualify. You also may need a few thousand dollars for closing costs and other expenses.

Note: Low-down-payment FHA and VA mortgages rarely apply in the trade-up world. Price ceilings under these programs generally preclude such deals. If you don't have enough cash, you'll probably need to purchase private mortgage insurance (PMI).

● **How much cash should you put up?** That depends on what else you might need cash for, and how large a loan your income can command.

Take time to think through your extra cash needs. These may include closing costs, new furnishings and fix-ups for the new home, or even savings for such future needs as college tuitions or retirement funds.

Lenders use various ratios as guidelines to determine how much borrowers can safely afford. Typical ratios range from about 28 percent of income for *basic* housing costs, to 36 or 38 percent of income for housing costs *plus other debt.* What qualifies depends on the lender, the borrower, the current housing market, and other factors. Sometimes adding just a few thousand dollars to your down payment will make the difference. For example:

Suppose your joint income is $60,000, or $5,000 a month. You want to put $15,000—10 percent—down on a home costing $150,000, and borrow $135,000. Payments for principal, interest, and $250 escrow for taxes and insurance (PITI) on a 10-percent, 30-year fixed-rate mortgage total $1,435 a month.

continued on page 76

HOW MUCH HOUSE CAN YOU AFFORD?

The following will give you an idea of the *maximum* home price (including down payment) that lenders may finance with a 30-year, fixed-rate mortgage for a trade-up home. *Note:* These calculations from Citicorp Mortgage, Inc., include principal and interest, plus real estate taxes and property insurance of 2.0 percent, but *assume no other debt.* (Other lenders may be more conservative; see text.) Also, the 10-percent-down calculations include a 0.5-percent pricing premium for Citicorp's STRETCH program in lieu of private mortgage insurance.

Down Payment	*Annual Income*	*Interest Rates/Top Prices of Home (including down payment)* 9%	10%	11%
10%	$40,000	$128,341	$118,822	$110,488
	$50,000	$160,426	$148,528	$138,111
	$60,000	$192,512	$178,234	$165,733
20%	$40,000	$144,384	$133,675	$124,299
	$50,000	$180,480	$167,094	$155,374
	$60,000	$216,576	$200,513	$186,449

Qualifying ratio of loan to income, 33%

SOURCE: Citicorp Mortgage, Inc.

The Masco SHOW HOUSE



Quality Ideas From the Masco Family of Companies





Make a personal statement.

Designing a new kitchen gives you a unique opportunity for self-expression. Not only is it a reflection of your functional needs, but of your personal sense of style as well.

Merillat kitchen cabinetry gives you both. We offer a world of styles, colors and finishes, from richly grained oaks to sleek laminates. And there's dozens of accessories to choose from, each specially designed to make your kitchen more attractive and easier to use.

For over 60 pages of kitchen ideas and helpful design hints, send $6 to: Merillat Kitchen Design & Planning Kit, Dept. BH2/90, P.O. Box 1946, Adrian, MI, 49221. For dealer locations, call toll-free: 1-800-624-1250.

Come to the Kitchen Experts

Merillat®

AMERICA'S CABINETMAKER

THE NEW ROOMS FOR THE '90s

SHOW HOUSE

The entrance of columned arches is ample, comfortable, finely detailed, like the rooms inside. Welcome to MASCO's new show house for the Nineties—a show house with glittering rooms of elegance, and gracious rooms of quiet comfort.

The designs, furnishings and spirited style reflect the vigor of a unique family of home products companies—MASCO, which continues a 60-year tradition of innovation with its stimulating and fashionable show house.

The excursion begins in the knock-your-socks-off living room—a true Great Room, a Fred-and-Ginger room where socks definitely stay on, along with white tie and tails.



Sherle Wagner's fixtures.

Ideas you'll see here crystallize the sense of style throughout the home: a new way of contemporary living. There are sweeping spaces, yes, boldly contrasting fabrics, and dazzling, nearly eclectic groups of furnishings. Personal style, even flights of personal fancy, are encouraged—trompe l'oeil frieze of ivy-entwined balusters above the fireplace.

And the unexpected? A surprising, thorough embrace of traditional detail—rich, finely honed architecture that sets the stage for great dinner parties and peaceful, personal evenings.

MASCO's show house is filled with fabrics, furnishings, fixtures—and sleek appliances that tuck neatly into a gracious kitchen. Feast your eyes on the range of products, from the most elegant Sherle Wagner basin in a guest powder room, to the most straightforward Delta faucet in the kitchen. Track them down easily through our Sources pages.

Before our tour begins, kudos to the talented architects at Scholz Design who created this extraordinary home for the Nineties to showcase a stunning array of quality products from the MASCO family of companies.

Tucked into the gracefully shaded hills of the Buckhead enclave of Atlanta, the house will be visited by builders, architects and designers during the 1990 homebuilders convention in the city.

The MASCO Show House tour winds its way from an exciting Grand Hall to a luxuriant master suite. By all means, feel free to test the ample sofas, to linger, and imagine the new contemporary living in finely detailed rooms of grace and charm.



Front entrance court.

CENTER STAGE:
Posh parties, intimate evenings—all with a sense of theater in an elegant, show-off living room. We'll be dressing for dinner? What fun.

UPCOUNTRY:
Tossing together a quick salad at th counter, setting a sumptuous spread Watch the gracious utility of a cou try kitchen unfold.

LIBERATED LIBRARY:
Overdosed on stereo dials and compu er displays? Relax with your high-tec gear couched in low-tech elegance.

SUITE DREAMS:
Retiring for the night? Make it an early evening, then head for the luxuriant master suite of bed, bath and comfortable passage between.



Entrance

BED SPREADS:
Extend the sense of personal style—to an elegant and tasteful suite for the most welcome guest, an bedrooms with tailored style for kid

NEW FAMILY STYLE:
Turn in tie and tails for jeans an T-shirts downstairs, in a series connected, casu rooms where fam ily life can easi flourish.

BODY & SOL
Discover the ici on the cake yo should eat—a vi orous design for surprising bat and a home s where health, fun and fitness reig Surround yourself with comfort .

CENTER STAGE

The Play of Fine Detail And Grand Space

Big spaces set the stage for grand events: a dinner party that starts with high style and ends with quiet elegance in our Grand Hall. Small, private affairs also deserve a dramatic backdrop, harmony of space honed by fine architectural detail.

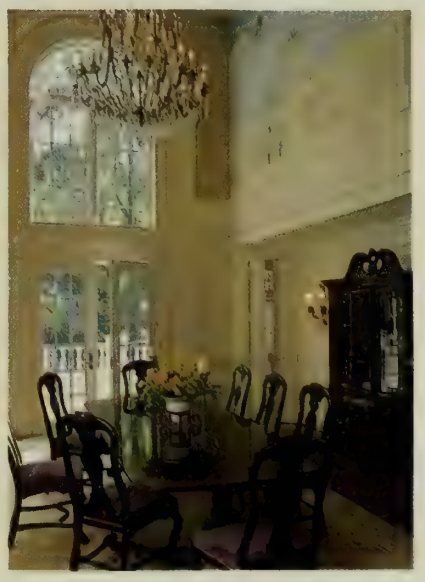
Picture Fred and Ginger swaying gracefully before the windows? How natural. But big spaces can lead to big mistakes: the cram-and-clutter approach or, worse yet, that icy, empty look with all the charm of a chemical factory. Not here. The space we have is portioned out with billowing couches, supported by space-defining details.

Typical mistakes: Tom Hanks' "Big" fixtures—furnishings gone flat and tiresome at pop art scale. But here the narrative is heroic, the subtext intimate, creating room to settle in comfortably, even with friends in white tie and tails.

The secret of bringing a nearly epic space into human perspective? Well-crafted, enduring details—true for entertaining, true for dining.

Dinner becomes more intimate when light from the fire warms a patina on wood-paneled walls; entertaining more elegant when light from a wall of windows is faceted on mantel, ceiling and openings drawn with high definition. Match the glitter of a chandelier with the fancy of a trompe l'oeil terrace—a frieze of vines and lifted clouds fleeting above the fireplace.

Show off. But display the new contemporary elegance through a tested classicism, the ageless architecture of column, cornice and dentil block, of dinner by hooded drapes, a crackling fire, and lots of candles.



Light washes through Eagle's detailed window-doors over Henredon's pastel-shaded sofas (left).

The classic splay back chairs in Drexel's Heirlooms Collection (left) sit up to a sweeping table under a stately, scroll-topped hutch.

Dinner is set (below) at table and chairs from the Kensington Square Collection by Universal Furnishings, with bright brass from Baldwin Hardware.



UPCOUNTRY

The New Farmhouse Kitchen



On country farm, or in city brownstone, it's the heart of the house. The scene for solo late-night forays, for boisterous gatherings of the clan, for casual morning coffee with friends, and elaborate preparations for the ultimate evening meal.

Eat in? Of course, at an island surrounded by gracious convenience, at a pillared countertop delineating the spacious country kitchen from adjoining fireside lounge.

Naturally, there is every prerequisite of preparation: triple sinks, eye-level ovens, tuck-away storage for normally jumbled small appliances.

Display necessary tools for fine cuisine with elegance—a suspended wreath of copper. But hone the space with detail—a ring of variegated tiles.

What doesn't happen in the classic country kitchen? Day or night, a vigorous, flexible lifestyle calls for an equally flexible space—without trading in defining details or style.

Park yourself at the point of preparation, dart out to a sunny terrace table, or curl up for coffee by the fire under a vaulted canopy of timbers where the classic country kitchen unfolds.

Tile floors ring true, touched up with splash-color fabrics and stylish antecedents of the timber frame farmhouse—diagonal planking below, and an umbrella of barn beams above.

In the country kitchen of free-flowing surfaces there is room to tread the tile and timber floor. Friends migrate through, settle in the comfortable, dressed-down lounge.





untry tile borders a mix of rich terials: Thermador/Waste ng's White Collection appliances d butternut maple on the ldstone Cabinetry.



Another nicety of the country kitchen: a three-bowl sink, Epic by Alape.



A corner pantry, louvered hideaways for countertop appliances, and roll-out shelves by Fieldstone Cabinetry bring kitchen dead space back to life.

xel Heritage Furnishings' ample ting offers custom Ametex ric by Robert Allen on sofa, and tables from Drexel's South France Collection.

SHOW HOUSE

LIBERATED LIBRARY



The User-Friendly Home Office

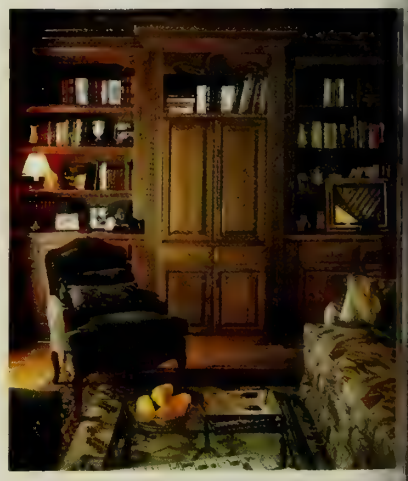
At first glance, you might expect to do business here with parchment and quill pen, managing your home affairs with old-school calm and grace. And why not—if you can exchange inkwell for Laserjet without losing the crusty but definitely reassuring presence of an old English library.

Hugh Hefner might not feel at home. "Where's the gadgets, the control box?"—submerged, thank you, beneath an Edwardian weave of patience and reserve.

Free from the glitz and glare of buttons, dials and video, sink back in studded swivel, and tap into stock tickers, movie reviews and bank balances. Then break the library silence, unveiling the crisp array of hard drives, modems and high-res displays in the office, the ultimate in video and stereo molded into a library bookcase wall.

Settle in with friends to play board games in your board room, personalized, humanized with lush fabric, ample chairs, and subdued woodwork laid up in elegant high relief.

Splurge on the fastest hard drives, and audio with the most astounding frequency response. Then close an Edwardian eye over the blank stare of electronics, and relax with the high-tech equipment in memorable, comforting, low-tech elegance.



Fredrick Edward upholstery, custom cherry woodwork from Fieldstone Cabinetry, and classic leather swivel from Hickorycraft in the library.

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The Masco Showhome, beautifully shown on these pages, was created by the talented group of architects at Scholz Design in Toledo, Ohio. Scholz is an internationally famous architectural design firm specializing in innovative yet elegant luxury homes. Scholz copyrighted designs are available through selected home builders across the country and Canada who are licensed by Scholz to build Scholz Designs. For almost half a century Scholz Designs have been favored by knowledgeable and discriminating home buyers who recognize quality and demand the best.

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BHG 20



SUITE DREAMS

The Home Within a Home

Stretch out under a gossamer tent of dreams, in imaginative and undisputable grace. In the languorous sleeping chamber, an elegant cornice concealing a wrap-around light box makes the ceiling seem to float above.

Bedrooms are for sleeping, period? Not here, where the master chamber is broadened into an elegant three-piece suite: serene bedroom to high-style bath with a comfortable stopover passage between.

To solve bedroom suite boredom, use sensuous veils, stark and gleaming bath columns—all with a sense of drama, theater even, setting the stage for more than sleep.

Retune classic details of the house—column, capital and mullioned windows—and bring them into your nest. Rest and bathe in stately surroundings. But lay a wide swath of fancy across the elegant scene, flowing drapes, and cascading fabric to highlight a dramatic but still soothing bedroom.

In the bath also revel in contemporary grace, in a room exuding both elegance and utility, where light and crisply carved detail is included: highlighted platforms, carved molding, polished marble and mirror, black stone and white light.

Between bed and bath might be a hall, a barren alcove. For the sake of a few more feet, an entrance is extended to private lounge. Relocate an afterthought desk and chaise that jangle bedroom quiet.

In your home within a home, elegance, panache and integral detail offer luxuriant serenity in bedroom, crisp contrasts in bath.

❧

Imaginative and soothing comfort (above) combines antique steel frame and silky drape on Henredon's Pierre Deux French Country canopy bed.





Epic's whirlpool tub, brass sinks and faucets pose against dark marble.

❧

At left, loveseat and chair from Henredon's Pierre Deux French Country.



SHOW HOUSE



SHOW HOUSE





rexel Heritage's Ming Treasures ollection sets the stage in forest lors (above).

r her feathered nest, Clichy Chintz bric by Robert Allen for the drapes, d, and Fredrick Edward sofa.

r the bedroom (right), pieces from enredon's Circa East Collection.

BED SPREADS

The Welcome Guest

Style for Kids

Turn down the comforter. Offer refined space to the most welcome guest, a contented, urbane room of comfortable contrasts, rich fabrics and wood. And in the guest bath the harmony of opulent color and detailed appointments continues.

Too often, the sense of style stops short of children's bedrooms, whether they're growing still, or part of the ever-growing brigade who linger at home while testing the world's waters.

Ideas from living room and library resurface here. In his bedroom, dark and distinctive themes include reflections of pickled walls and pumpkin-grained dresser. Hers is pretty in pink, a room that challenges the conventional bedroom box with catty-corner bed and fabric screen.

Three turns on the theme of comfortable, complimentary detailing.



The intricately appointed guest bath (above) is centered by StarMark's cherry cabinetry and elegant whirlpool bath from Aqua Glass.



NEW FAMILY STYLE

Connected Rooms that Comfort

Time to shed white tie and tails, to relax the formal, elegant face for connected and casual rooms downstairs—family quarters where family life flourishes.

To strike a more mellow tone we've pulled partition walls, lightened colors, simplified fabrics, clarified dressed-down spaces, and added a surprise—a covered outdoor room.

A spring shower may send guests streaming through draped openings from lawn and garden—under elegant cover but not quite indoors. Here, your tucked-away country club sports well-cushioned wicker, the simplicity of stucco walls, and the punctuation of decorous detail—a gently spurting, lion-head fountain.

The family den encourages your personal version of congenial suburban sprawl—under your own roof. The ample but casual room offers an extended breakfast where favorite sections of the Sunday papers are parceled out to family or friends. Carry on an evening's entertainment by the fire, or hold you breath and vacate the premises for your former baby's sweet sixteen bash.









n the relaxed family kitchen (left), Merillat Heather Oak cabinets.

agle french doors lead to Lexington urniture's outdoor room of wicker .

n the spacious family room ample fas, sectionals and chairs from arge Carson.



SHOW HOUSE

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BODY & SOLAR

Energetic Spaces for Health and Fitness



It's definitely robust. A home spa and extra bath done in vigorous color and glass to create a playroom for grownups, your private island of health and fitness. Spiral down from the master suite through a high-tech sunspace on filigreed cast iron planted like a tree in your built-in spa.

No excuses now—no long drive down to the gym—when you can have it your weights and measures by sunrise or sunset, up to you. Let pulsing water release a day's tension in your spa, bathed in moonlight through an articulated sunspace.

Pull the shades? Easy, with a portable remote control that activates built-in, motorized blinds, all powered by solar energy stored while you're soaking up heat and stretching a tendon below.

Almost an outdoor room with wicker, wood and aqua tile, surround yourself with treadmills, resistance trainers, or comfortable "pool side" seats.

An inventive bath sports stark but curvaceous sinks against a boldly colorless jungle. And why not add just one more treat: an "environment" shower, fitted for steam.



Control the light with powered Smart Shades by Comfortex, then languish in the Hot Spring Spa.

Aqua Glass' stylish shower offers heat, mist and steam bath.

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SAYS Michael K. Whitehouse, Designer/Builder, Evergreen, CO, "I serve my clients best when I can balance design and value. EAGLE does that for me."



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SOURCES

COVER:
Windows and doors: Eagle Window and Door Inc., 375 E. Ninth St., Dubuque, IA 52001
Siding: Dry-vit Systems Inc., West Warwick, RI
Roof tile: Gory Roof Tile, Pompano Beach, FL
(Inset Photo):
Oval dining table (#302-332), **arm chairs** (#302-920): South France Collection by Drexel Heritage Furnishing Inc., 101 N. Main, Drexel, NC 28619
Rosenthal tableware, Maya bowl and espresso maker by Alessi: JB Cumberland, NY,NY
KITCHEN
(Right):
Cabinets: Dakotah, grey wash finish, StarMark, 700 E. 48th St., N., Sioux Falls, SD 57104
Cooktop (#ST12), **dishwasher** (#TP5500 EC): Thermador/Waste King, 5119 District Blvd, Los Angeles, CA 90040
Countertop: Surell by Formica, 155 Rte. 46 West, Wayne, NJ
Sink: #116 white with red contour, Epic by Alape, 8630 E. 33 St., Indianapolis, IN 46226
Faucet: #25400 red, Delta Faucet, 55 E. 111th St., Indianapol IN 46280
(Sink Detail, Below):
Sink: Steel Queen sink, Kindred Industries, 1000 Kindred R Midland, Ontario, Canada L4R 4K9
Faucet: #100, Delta Faucet (address above)



StarMark Kit

OPENING PAGE
(Powder Room):
Sink, faucet, wallpaper and sconces: Summer Garden Coll tion by Sherle Wagner, 60 E. 57th St., New York, NY 10022
(Front Entrance Court)
Windows and doors: E Window and Door Inc., E. Ninth St., Dubuque, I 52001
Columns: Hartmann-Sanders, Atlanta, GA
Roof tile: Gory Roof T Pompano Beach, FL



Delta Faucet

(Hall):
Dolphin table: #7003-2 Seven Continents Collection, Henredon Furniture Industries Morganton, NC 28655
Chandelier: #M85-20, Marbro Lamp Co., 1625 S. Los Ang St., Los Angeles, CA 90015
Carpeting: contributed by DuPont Stainmaster from Karast Wilmington, DE
All millwork in house contributed by Seneca Lumber, Fostoria
CENTER STAGE
(Center Photo):
Dining table (#072-344), **China cabinet** (#072-454): Heirlo by Drexel Heritage Furnishings Inc. (address above)
Dining chairs: #232-819, Grand Tour by Drexel Heritage F nishings Inc., Henredon fabric
Wall sconces: #M87-7, Marbro Lamp Co. (address above)
Hardware/door handles: Savannah lever, Baldwin Hardwa P.O. Box 15048, Reading, PA 19612-5048

SOURCES

)ining Room (Bottom Photo):
)ining table, chairs and server: All from Kensington Square Collection by Universal 'urniture Industries, 2622 Uwharrie Rd., High Point, NC 27263
Vall sconces (#7470), **Seven-arm cande-ıbra** (#7407-030): Baldwin Hardware, .O. Box 15048, Reading, PA 19612-5048
Collage: Trinity Gallery, Atlanta, GA
Windows: Eagle Window and Door Inc., 75 E. Ninth St., Dubuque, IA 52001
iving Room (Large Photo, Left):
)fas: #8950 and #XS8936C, Henredon ırniture Industries, Morganton, NC 28655
lub chairs (#8616), **consoles:** (#7002-5M, moss green stone), **ottoman** (#8809), **m chair** (#8147): Henredon Furniture dustries (address above)
esk (#052-057), **Carved wood table** 052-300-3): sandalwood finish, Ming reasures Collection, Drexel Heritage rnishings Inc., 101 N. Main, Drexel, NC 619
ass end tables: #8134 in old English ish, LaBarge Mirrors Inc., P.O. Box 69, 300 E. 40th St., Holland, MI 49423
andelier: #M74-42, Marbro Lamp ., 1625 S. Los Angeles St., Los Angeles, A 90015
chitectural moldings: Focal Point Inc., yrna, GA
indows, French doors: Eagle Window d Door Inc., 375 E. Ninth St., Dubuque, 52001
tique Aubusson carpet: contributed Y Albert and Son, Inc., Atlanta, GA
ad sculpture, needlepoint pillows, box, bud vases, faux finish obelisk: h Century Antiques, Atlanta, GA
ght sculpture: Axis 20, Atlanta, GA
llage: Trinity Gallery, Atlanta, GA
'COUNTRY
rge Photo):
stom maple cabinetry in butternut sh: Fieldstone Cabinetry, P.O. Box 109, ghway 105 E., Northwood, IA 50459
countertops: Surell by Formica (Frost)
oktop: #GG 36 WC, Thermador/ ste King White Collection, 5119 Dis- t Blvd., Los Angeles, CA 90040
ar-Glo: #GBC 19 grill, Thermador/ ste King White Collection, 5119 Dis- t Blvd., Los Angeles, CA 90040
uble oven: #CMT 231 WC, Ther- lor/Waste King White Collection, 9 District Blvd., Los Angeles, CA 40
etable sink: Blackseal 110 white, Epic lape, 8630 E. 33rd St., Indianapolis, IN 46226
Faucet: #460 white, Delta Faucet, 55 E. 111th St., Indianapolis, IN 46280
Counter stool: #304-068 in avignon finish, South of France Collection, Drexel Heritage Furnishings Inc., 101 N. Main, Drexel, NC 28619
Fabric: Amesbury Scarlett by Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, MA 02048
Cookware: Calphalon Commercial Aluminum Cookware Co., All Clad Metalcrafters
Knives: J.A. Henckels
Kitchen Sitting Area (Bottom Left Photo):
Sofa (#1021), **Chair** (#1453): Drexel Heritage Furnishings Inc. (address above)
Fabrics: Custom Ametex prints by Robert Allen (address above)
Open arm chair: #1353 in avignon finish, South of France Collection, Drexel Heritage Furnishings Inc. (address above), Henredon fabric
Server: (#302-514) and **sofa table** (#305-455) in LeBlanc finish: South of France Collection, Drexel Heritage Furnishings Inc. (address above)
End table (#235-303) and **cocktail table** (#235-107) in verdigris finish: Accents Collection, Drexel Heritage Furnishings Inc. (address above)
Armoire: #6002-05, Pierre Deux French Country by Henredon, Henredon Furniture Industries Inc., Morganton, NC 28655
Windows: Eagle Window and Door Inc., 575 E. Ninth St., Dubuque, IA 52001
Mantel: Mantel Market, Atlanta, GA
Columns: Hartmann-Sanders, Atlanta, GA
Antique weathervane, birdhouse, swan basket, candlesticks: contributed by Robert Currey & Company, Atlanta, GA
Sink Detail (Right Top Photo):
Three-bowl kitchen sink: Blackseal #126 white, Epic by Alape, 8630 E. 33rd St., Indianapolis, IN 46226
Faucet: #21400 studio white, Delta Faucet, 55 E. 111th St., Indianapolis, IN 46280
LIBERATED LIBRARY
(Top Bottom Photo):
Custom cherry cabinetry in mocha finish: Fieldstone Cabinetry, P.O. Box 109, Highway 105 E., Northwood, IA 50459
Cabinet pulls: Baldwin Hardware, P.O. Box 15048, Reading, PA 19612-5048
Sofa (#T8353-78), **Chair** (#3004), **Ottoman** (#0034): Fredrick Edward, 115 Wamsutta Mill Rd., Morganton, NC 28655
Cocktail table: #8310, LaBarge Mirrors, Inc., 300 E. 40th St., P.O. Box 9054, Holland, MI 49423
(Photo Top):
Expanding card table (#9701-55), **Arm chair** (#120A): in surrey finish, Ashton Court Collection, Henredon Furniture Industries, Morganton, NC 28655
Horn chandelier: #M89-35, Marbro Lamp Co., 1625 S. Los Angeles St., Los Angeles, CA 90015
Leather chair in media room: #830, Hickorycraft Inc., P.O. Box 1733, Hickory, NC 28603
Door Hardware: Savannah lever with brass hinges, Baldwin Hardware, P.O. Box 15048, Reading, PA 19612-5048
SUITE DREAMS
Master Bath (Large Photo Center):
Whirlpool tub: Innovation two person whirlpool, Epic, 8630 E. 33rd St., Indianapolis, IN 46226
Roman tub faucets: #AK 301 PBB 235 and #RA 720 PB hand-polished brass with black, Epic (address above)
Vanities: Crossings Cabinetry in custom color, Fieldstone Cabinetry Inc., P.O. Box 109, Highway E., Northwood, IA 50459
Vanity knobs: Baldwin Hardware, P.O. Box 15048, Reading, PA 19612-5048
Lavatory bowl (#FS 855 PBB-83), **Lavatory faucets** (#AK 102 PBB-235): polished brass with black, Epic (address above)
Chandelier: #M67-69, Marbro Lamp Co., 1625 S. Los Angeles St., Los Angeles, CA 90015
Chaise: #5405, Drexel Heritage Furnishings Inc., 101 N. Main, Drexel, NC 28619, Henredon fabric
Master Bedroom: (Top Left Photo)
Canopy bed (#6001-10 antique steel), **double dresser** (#6001-01 walnut veneer and maple solids), **desk** (#600-45 cherry solids and veneers), **cocktail table** (#6011-40 steel base with brass accents): Pierre Deux French County by Henredon, Henredon Furniture Industries, Inc., Morganton, NC 28655
Sofa (#8834), **desk chair** (#6000-27), **Louis VI-style chair** (#S8829 walnut finish): All from Henredon Furniture Industries (address above)
Desk lamp (#8808), **bedside lamp** (#8815 Soapstone): Marbro Lamp Co., 1625 S. Los Angeles St., Los Angeles, CA 90015
Mirror: #1793 B, LaBarge Mirrors Inc., P.O. Box 9054, 300 E. 40th St., Holland, MI 49423
Carpet: DuPont Stainmaster from Karastan, Wilmington, DE
Pedestal table: Axis 20, Inc., Atlanta, GA

SOURCES

Marble sculpture: Trinity Gallery
Telephone: Eurotel, JB Cumberland & Assoc.
Master Sitting Room (Bottom Left Photo):
Arm chair (#S8824), **loveseat** (#S8824A), **drop leaf table** (#6000-46 cherry solids and veneers): Pierre Deux French Country by Henredon, Henredon Furniture Industries (address above)
Scrolled iron chairs: #302-920, South of France Collection, Drexel Heritage Furnishings, Inc., 101 N. Main, Drexel, NC 28619
BED SPREADS
(Top Left Photo):
Bed: #THB60, upholstered in Hilton Teak fabric, Marge Carson Inc., 9056 E. Garvey, Rosemead, CA 91770
Server (#051-504), **nightstands** (#050-630), **chair** (#1325): Ming Treasures Collection, Drexel Heritage Furnishings, Inc. (address above)
Throw: Marge Carson Inc. (address above)
Alabaster lamp (#8715), **Brass lamp:** Marbro Lamp Co., 1625 S. Los Angeles St., Los Angeles, CA 90015
Mirror: LaBarge Mirrors Inc., P.O. Box 1769, 300 East 40th St., Holland, MI 49423
Set of three lacquer trunks: #1982 BX, Maitland-Smith Inc., 651 Ward Ave., High Point, NC 28261
Sheets and comforter: Wamsutta
Pillows: Scandia Down
Kilim rug: Afghanistan Nomadic Rugs, Atlanta, GA
Painting: Trinity Gallery, Atlanta, GA
Boy's Room (Top Right Photo):
Entertainment center: #6241-53 in faux sandstone finish, Circa East Collection, Henredon Furniture Industries, Morganton, NC 28655
Bed: #6201-10 in saddle leather, Circa East Collection, Henredon Furniture Industries (address above)
Sofa table: #6221-46 in paktong finish, Circa East Collection, ash and English yew wood veneers with rattan base, Henredon Furniture Industries (address above)
Lamp table: #7000-42 in tortoise finish, Seven Continents Collection, Henredon Furniture Industries (address above)
Chair (#851) and **ottoman** (#155): Hickorycraft Inc., P.O. Box 7133, Hickory, NC 28603
RCA TV and VCR: Thompson Consumer Electronics, Indianapolis, IN
Down pillows: Scandia Down
Sheets: Fieldcrest
Guest Bath (Bottom Left Photo):
Whirlpool bath: #AGW5088R, grey, Aqua Glass Corp., Industrial Park, P.O. Box 412, Adamsville, TN 38310
Bath faucet: #95T9000 RTS PC/PB, Artistic Brass, 4100 Ardmore Ave., Southgate, CA 90280
Cabinetry: cherry finish by StarMark, 700 E. 48th St., Sioux Falls, SD 57104
Lavatory bowl: #217 white, Norris Plumbing Fixtures, 700 Fairway Dr., City of Industry, CA 97188-0370
Lavatory faucet: #95 L7 PC/PB, Artistic Brass (address above)
Carved wood side table: #952-300-3 sandalwood finish, Ming Treasures Collection by Drexel Heritage Furnishings, 101 N. Main St., Drexel, NC 28619
Greyhound, frogs and owl sculptures: Maitland-Smith Co., 651 Ward Ave., High Point, NC 28261
Outhouse sculpture: Currey & Company, Atlanta, GA
Girl's Room (Bottom Right Photo):
Bed: #509-130, Country Cottage Collection, Lexington Furniture, Dixie Wicker, P.O. Box 1008, Lexington, NC 27295-1008
Sofa (#8501-68), **Chair** (#2859), **Ottoman** (#0025-2360-21): Fredrick Edward, 115 Wamsutta Mill Rd., Morganton, NC 28655
Fabric on sofa, bed, and draperies: Clichy Chintz by Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, MA 02048
Carpet: Dupont Stainmaster from Karastan, Wilmington, DE
Screen (behind bed): Silver Mountain Studio, Ashboro, NC
Plant stand, terrarium, heart hooked rug: Currey & Company, Atlanta, GA
THE NEW FAMILY ROOM
(Large Photo):
Wicker sofas (#4050-33-47), **chairs** (#4050-11-47, **pedestal dining table** (#4050-94-C), **party chairs** (#4050-12-47): Lexington Furniture, Dixie Wicker, (address above)
Console table: #235-453, Accents by Drexel Heritage Furnishings Inc., 101 N. Main, Drexel, NC 28619
French doors: Eagle Window and Door Inc., 575 E. Ninth St., Dubuque, IA 52001
Topiary sculptures: Currey & Company, Atlanta, GA
(Bottom Left Photo):
All cabinetry: Heather Oak from Merillat Industries, P.O. Box 1946, 5353 W. US 223, Adrian, MI 49221
Cook'N Vent cooktop (#CV2136), **Microwave** (#MCB165): Thermador/Waste King Professional Collection 5119 District Blvd,. Los Angeles CA 9004
Counter tile: Mannington Ceramics, Le ington, NC
Mixer: KitchenAid
Espresso maker: Gaggia, JB Cumberlan
(Small Center Photo):
Wall ovens: #CMT2315, Thermador/Waste King Professional Collection (address above)
(Bottom Right Photo)
Sectional (#1110 Series), **wood cocktail table** (#JK 42-58), **wing chair** (#78), **box end table** (#06B 2424), **club chairs** (#4579 42" round **cocktail table** (#R04042-21, Topaz finish): Marge Carson, Inc., 9056 E Garvey, Rosemead, CA 91770
Custom cabinetry: StarMark, 700 East 48th St. N., Sioux Falls, SD 57104
Lamp: #10-13 42001, Marbro Lamp Co. Inc., 1625 S. Los Angeles St., Los Angeles CA 90015
Tripod plant stand: #1733 AF, Maitland Smith Inc., 651 Ward Ave., High Point, NC 28261
Painting: Trinity Gallery, Atlanta, GA
BODY & SOLAR
(Top Photo):
Spa on Wheels: Trendsetter by Hot Spring Portable Spa, 6225 El Camino Rea Carlsbad, CA 92009
Solar-powered window shades: Smart Shade by Comfortex Corp., 100 N. Mohawk St., Cohoes, NY 12047
Spiral staircase: Steptoe and Wife Antiques, 322 Geary Ave., Toronto, Ontario Canada M6H 2C7
Chairs (#4042-11), **Cocktail table** (#4025 84C), **Ottoman** (#4042-11): Tea finish, Lexington Furniture, Dixie Wicker, P.O. Box 1008, Lexington, NC 27295
Windows: Eagle Window and Door Inc. (Photo Right):
Solarium: #AGWS6281R, heat, steam, mist unit, Aqua Glass Corp., Industrial Park, P.O. Box 412, Adamsville, TN 38310
Single handle tub and shower faucet: #25641 white, Delta Faucet, 55 E. 111th St., Indianapolis, IN 46280
(Photo Left):
Wall-mount lav: Off the Wall Series, White Mirror, #590 Black bowl with white handles, Epic, 8630 E. 33rd St., Indianapolis, IN 46226
Faucet: #25520 white, Delta Faucet Address above



"A Carnival cruise gives you so many ways to have fun!" -*Kathie Lee Gifford*

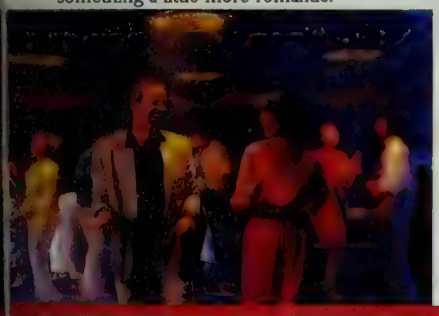
"I really had to talk Jim into a cruise –but he's already getting into the spirit!"



"Mmmmm . . . I never thought the sun could feel this good!"



"What a great beat! Later, we'll check out something a little more romantic."



"I'm not counting calories–it's my *vacation!*"



"Jackpot, here we come!"



"We've heard they pamper you on a Carnival cruise –but wow!"



"With great food, new friends and no check, Jim's in heaven!"



"Jim's so proud he thought of taking me on a Carnival cruise. . . Thanks, dear."



IF YOU'RE PASSING LIKE SHIPS IN THE NIGHT, IT'S TIME TO FIND EACH OTHER AT SEA.

When life's hectic pace is turning ur loved one into a fondly remem- red stranger, there's one sure way get things back in perspective. ll your travel agent and reserve a rnival® cruise.

Just think of it. Long, playful days th nothing to answer to but your ims. Charming discoveries in a ies of tropical ports. Starlit eve- gs that seem to go on forever. Exquisite food, dancing till dawn, breakfast in bed—everything that can't help but spark a new romance . . . or re-kindle an old one.

On a Carnival vacation, just unpack once and then let our staff pamper you from morning till night. Every "Fun Ship"® is a magnificent resort at sea—full of intimate nooks, wide open spaces and so many things to do. How about a little blackjack after dinner? Or dropping in for an exciting Las Vegas revue? On a Carnival cruise, you know virtually all your vacation costs up-front—because your air fare, meals, activities and entertainment are all included in one low price! It's your best vacation value.

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We'd like to uncover a hidden natural resource.

Did you know that the empty plastic soft drink ttles you throw away every day can be transformed into rpet yarn or automotive parts or fiberfill for ski parkas?

That used glass bottles and aluminum cans can transformed into new ones?

And that yesterday's newspaper can be transmed into tomorrow's?

It all happens because of recycling. The simple sh we throw away is a "natural resource" that, with cycling, can be used to produce a multitude of w products.

Unfortunately, America recycles only 10% of its rbage, incinerates 10% and deposits a whopping % in landfills. As a result, it is having to cope with a numental solid waste problem.

Our landfills are going–going–gone.

Americans throw away about 160 million tons garbage a year. Of that total, plastics make up less n 8%, paper about 36%, and glass and metal about %, all by weight. Plastics are naturally lighter, but , when compressed account for only about 20% volume.

As a result, in the past 10 years our country's dfills have decreased from about 18,500 to 6,000. In years 2,000 more will close.

In their haste to find solutions, some local legislaes have proposed to ban plastics.

Unfortunately, a ban on plastics would do much m and no good. We would lose all of the safety, health convenience features of plastics such as tamperstant closures and shatter-proof bottles.

Moreover, packaging would still be needed. A 87 study shows what would happen if plastics were nned—the energy needed to produce the alternative ckaging, its weight, its cost, and the volume of waste ected would all rise dramatically.

What to do?

At Amoco Chemical, we believe part of the answer to America's waste problem lies in recycling everything from glass to metals to paper to plastic.

Today, recycling is on the rise. There are now more than 1,000 curbside separation recycling programs across the country. Many are beginning to incorporate plastics.

Right now, almost 200 companies are recycling millions of used plastic containers into paint brush bristles, traffic signs, toys, floor tiles, wastebaskets and "plastic lumber" for decks and park benches.

Plastics are among the easiest materials to recycle. More than 150 million pounds or 20% of all plastic soft drink bottles were recycled in 1987.

How Amoco Chemical is helping.

Amoco Chemical is sponsoring a recycling program in New York State demonstrating that used, polystyrene foam food service containers from schools and restaurants can be recycled into insulation board for commercial construction, cafeteria trays and home and office products.

We're participating in a consortium with other major plastics manufacturers which will support construction of regional polystyrene recycling plants.

We're encouraging the start-up of new recycling efforts, helping to find better ways to collect and sort recyclables, and supporting efforts to create new markets for products made from recycled products.

At Amoco Chemical, we believe recycling can add years of life to our landfills while it transforms things that would ordinarily be thrown away into useful new products. We've only begun to uncover its benefits.

For a free copy of "Recycling. Do It Today For Tomorrow," write Amoco Chemical, 200 East Randolph Drive, Chicago, IL 60601.

Recycling. Do It Today For Tomorrow.

AMOCO

Amoco Chemical

HOME S·T·Y·L·E

Best Bets for Better Homes

COLOR IT RED!

Warm up your winter. Whether crimson, scarlet, Chinese, or cherry, red's the sure-fire hot color.

BY
JIM WILLIAMS, JILANN SEVERSON, AND NANCY HALL



CLASSY COFFEE

Cozy up, relax, and enjoy real Italian espresso or cappuccino with Gaggia's Titian-hued Dandy espresso machine. Suggested retail: $425.
Richter Bros., Inc., 400 Commerce Blvd., Carlstadt, NJ 07072. 800/526-6282.



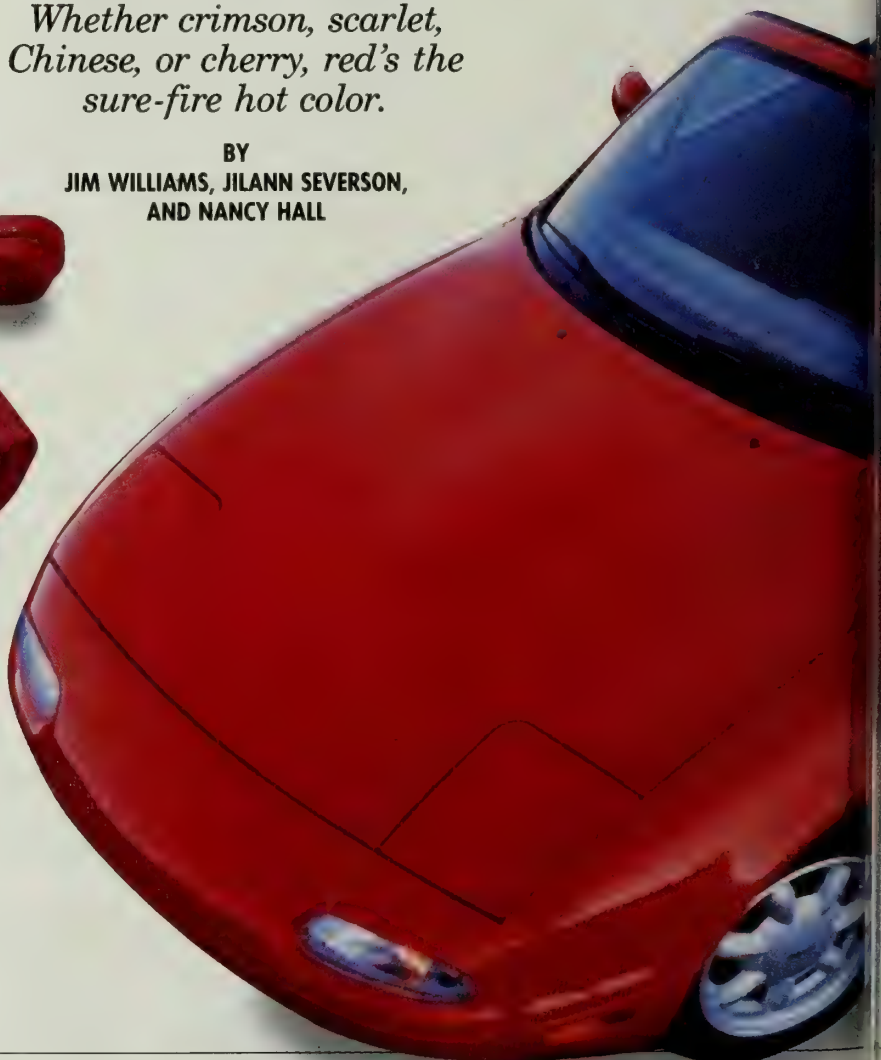
THREADS OF RED

Pick a red, any red! DMC embroidery floss gives stitchers more than 40 shades of red to choose from. Available at crafts and needlework shops nationwide.



THE HOT LINE

Take those all-important calls with Swisstel's stylish designer phone. It's a classic. Suggested retail: $89.95.
Swisstel, Inc., 300-1 (c), Route 17, Lodi, NJ 07644.





KEEP ON ROCKIN'

Rock around the clock in Amisco's poppy-hued "Arc Rocker." $240. *Amisco, Box 9584, Friendship Station, Washington, DC 20016.*

ALL MIXED UP?

Add a dash of color with KitchenAid's spicy-red classic mixer. Suggested retail: $306. *KitchenAid, 701 Main St., St. Joseph, MI 49085.*

SIZZLIN' WITH STYLE

It's the return of the little red roadster. Mazda charges into the lead with its swanky new Miata sports car. Check your local Mazda dealer for current price and availability.

CUDDLY COMFORTS

Give your rooms that cozy feel with handcrafted one-of-a-kind rugs and throws in romantic shades of red. *Treadles, N.Y., 351 Bleeker St., New York, NY 10014.*

RED MAPLE?

Country goes colorful. Deck out a rustic twig planter with an unexpected coat of crimson paint. For plans and instructions to make your own from harvested twigs and branches, send $7 to Wood-Lot Farms, Star Route 1, Shady, NY 12479.

PHOTOGRAPHS PERRY STRUSE

continued on page Z28

HOME STYLE

continued from page Z27



SUNSET COLORS

This Navaho rug from the 1890s captures the colors of a southwestern sunset. Whether old or new, Native American textiles are scorching-hot collectibles.



RED HOT TEAPOT

Copco's flame-red Pelican teapot heats up your afternoon teatime. Suggested retail: $40. *Copco, 2240 W. 75th St., Woodridge, IL 60517.*



A CLEAN SWEEP

Give your floors a rosy glow with help from Eureka's "Rally" vacuum and Fratelli Re's "Posture Perfect" telescopic-handled broom. Suggested retail: vacuum, $290; broom, $12.99. *The Eureka Company, Bloomington, IL 61701. Kaminstein Imports, 588 Broadway, Suite 1111, New York, NY 10012.*



SOUP'S ON!

Campbell's produces 265 million cans of tummy-warming tomato soup each year! They recently celebrated the 20 billionth can—and the soup's still m'm-m'm good!



WHAT'S COOKING?

Serve up lip-smacking meals from Le Creuset's lipstick-red "Traditional" oven-to-table cookware. Suggested retail: $38–$200. *Le Creuset, Schiller and Asmus, Inc., P.O. Box 575, River Road, Yemassee, SC 29945.* BH&G

Baby Owls Are Irresistible!



Shown smaller than actual size of 8¼" in diameter.

Tawny Owls

A numbered limited edition collector plate trimmed in 23kt gold.

birds, only owls have this special Seldom seen by day, often heard by wls are a rare sight...an uncommon Now, for the first time, this original by famous wildlife artist Dick will appear on a porcelain collector ise collectors take note!

ender baby "Tawny Owls" snuggle ide, feathers fluffed to chase the he night—one owl half asleep, the de-eyed and awake. A charming rue to nature!

A Limited First Edition

y Owls" is the first in a new series entitled *Baby Owls*. Each issue will n original painting by Dick Twinney pecially for this collection. late will be numbered and accompanied by a matching Certificate of Authenticity, attesting to its being produce within the edition limit of 14 firing days.

No Obligation—No Risk

When you acquire "Tawny Owls" y have the right—*but not the obligation*—to collect all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Act Now to Receive the Lowest Possible Serial Number

Strong demand is expected for "Tawny Owls" given its significance as a first edition and the popularity of owl plates. Thus, we urge you to act now to guarantee a low serial number. Reservations will be processed in order of receipt, so send in yours *today!*

the Danbury Mint

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BOP Reply by March 31, 1990 24

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, Conn. 06857

Limit: two plates per collector

Please accept my reservation for **"Tawny Owls"** as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling—total $27.90*) each payable in U.S. funds.

Check One:

☐ My check or money order is enclosed.

☐ Charge my credit card at the time of shipment: ☐ MasterCard ☐ Visa ☐ American Express

Account No.: _____

Expiration Date: _____

Signature: _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Name To Print On Certificate (if different from above):

_____

Allow 8 to 12 weeks for shipment.

*Plus the following sales tax per plate—CA $1.67, CT $2.23, NY $1.12 plus any local tax, TN $2.16. (If you are unsure of tax, we can bill with shipment.)

All orders subject to acceptance.



continued from page 74

You also owe monthly car payments of $300 and you pay another $200 per month on other loans, so your total monthly debt would be $1,935. Divide that amount by your income, $5,000, for a debt-to-income ratio of 38.7 percent. That could be a bit high for many lenders. By adding just $5,000 to your down payment and reducing your loan to $130,000, your total monthly debt payments would be $1,890. That makes a qualifying ratio of 37.8—probably under the wire, though some lenders may be more conservative. An extra $10,000 instead of $5,000 brings you in at an even more attractive ratio of 36.9.

Caution: If you just barely qualify, consider a less expensive house so your budget won't be so squeezed.

● **Are there advantages to larger down payments?** Aside from the fact that they help bring borrowing qualifications into line, substantial down payments may give you extra bargaining room. Figuring that you have a large cash stake in the property, lenders may lighten up on points, for example. It certainly doesn't hurt to ask.

HOW DO TAXES FIGURE IN?

Presuming you have some flexibility on loan size, the mortgage-interest tax deduction can serve as an extra strategic boost. Remember, the larger your monthly payments (thus the smaller your down payment), the greater the tax deduction. Presuming you are in the 28- or 33-percent tax bracket, you'll save 28 or 33 cents on every extra dollar of interest paid. The same dollars in a savings vehicle would earn far less.

Tip: To gain even larger deductions, build equity faster, and ultimately save thousands of dollars, consider 15-year mortgages. Income qualifications are more demanding, but look for new twists. For example, Citicorp Mortgage's Homeowner's Key plan lets you qualify at lower fixed payments to start, with larger guaranteed fixed payments kicking in after a few years.

WHAT IF YOU DON'T HAVE ENOUGH EQUITY IN YOUR PRESENT HOME?

Then you'll have to raise more cash some other way, find a lender who will let you stretch into the new loan you need, or both. Consider these moves:

● **Borrow part of the down payment.** If the loan doesn't cost you a lot, most lenders will be lenient when figuring your mortgage-qualification ratio. They also probably will require that such a loan come from a financial institution rather than family or friends, and that it be secured by collateral, like a certificate of deposit. The arrangement does allow you to keep your savings intact, however. *Tip:* So-called bridge loans to cover your temporary cash needs between closings can be costly and may jeopardize qualifying ratios; get advice.

● **Get a gift.** Anyone can give $10,000 each year to any individual without incurring taxes at either end. Married couples can give $20,000. *Tip:* Be sure the gift is clearly documented as such.

BLACK&DECKER®

Spacemaker Plus™
Thermal Carafe
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Unique system brews delicious coffee directly into 40-oz. thermal carafe, keeping coffee hot for up to eight hours. Automatic timer lets you awaken to fresh coffee. Shuts off automatically.

Spacemaker Plus™
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Fits beautifully beneath a cabinet to brighten your work area. It even comes with an extra electrical outlet.

Spacemaker Plus™
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Knife Sharpener

"Hands-free" design automatically opens cans of all sizes. The knife sharpener is designed for consistent, quality sharpening.

For help finding stores carrying Spacemaker Plus™ products call us at
1-800-552-0553.

Most lenders will require written evidence that the funds are a gift.

● **Borrow from the seller.** All sorts of arrangements are possible with first and second mortgages. Timing, taxes, and technicalities are critical; get expert advice. *Tip:* Mortgage lenders don't take kindly to such hidden arrangements as borrowing more from the seller than you disclose.

● **Use private mortgage insurance (PMI).** Lenders will insist on this, in fact, for any loans with less than 20 percent down. Costs run about one-quarter to one-half a percent a month until your equity builds up to at least 20 percent of value.

● **Have the seller pay closing costs.** In many areas, that will be customary for discount points anyway, which could run 3 or 4 percent of the sales price. But sharing closing costs could be a bargaining point, especially with a homeowner or builder eager to sell.

● **Finance the closing costs in your mortgage.** This will reduce your cash needs, but it could push the qualifying ratio over the limit. Also, many lenders won't allow closing-cost financing on conventional loans. *Tip:* On new mortgages (but not refinancings), you're entitled to deduct any discount points all at once even when they are financed in the loan. Nail down this deduction by writing a check when you close rather than having the amount deducted from the loan proceeds.

● **Look for mortgage "buy downs" and other discounted deals.** In slow-moving markets, home builders often will discount borrowing costs for buyers during the early years of the loan. Some mortgage lenders also offer low-entry deals that progress to prestated, higher payments in a few years. These are appealing for borrowers who need to stretch resources to qualify for a loan now, but who reasonably expect rising incomes in the years to come. *Tips:* Be sure you understand future payment projections. Also beware of negative amortization, in which your payments are so low that you may be adding to the outstanding principal owed.

WHAT IF YOU CAN'T SELL?

● **Reevaluate your marketing strategy.** Can you make the house more attractive to potential buyers, for example? How about lowering the price? Especially if you're in a market in which home values have fallen and you may lose equity when you sell, remember that the home you want to buy is probably selling at bargain rates, too.

● **Borrow against your present house.** You might refinance or take out a home-equity loan, use the cash for a down payment, and pay off the first home loan when you finally sell. Rent the house on a short-term basis to help offset costs. *Caution:* This ploy may tip qualifying ratios over the top.

● **Arrange a lease-purchase deal.** This can bring extra income, but it also may trigger a due-on-sale clause, forcing you to pay off your present loan right away. Get expert advice.

KITCHENS WITH STYLE

BY TOM JACKSON



▲ An arched soffit and open-end counters set the stage for a panoramic view of the backyard.

It's hard to describe style, but you know it when you see it. The elements of style are classic, yet the details surprise and delight you. A new twist attracts; a creative combination pleases. Here are three stylish kitchens that prove the point.

▶ Works like a kitchen, feels like a family room. Appliances and cabinets stand back, out of the traffic. The table seats eight.

▼ Plaster walls, tile wainscoting, and abundant, sun-filled windows evoke the simple, durable virtures of homes from the '20s and '30s.

Artful Traditions

This is a kitchen for long afternoons, a magnet for family and friends. Light pours in through abundant windows and French doors. Built-out walls and a gently curved soffit ease the refrigerator and cabinets into the background. Refinished chairs and an antique table-turned-island complete the family room feeling. Come in and sit a spell. You can almost smell the fresh-baked apple pie.

continued on page 80

Buying information, page 123



PHOTOGRAPHS: JOAN HICKS-VANDERSCHUIT. DESIGN: KATHY MCCORMICK. REGIONAL EDITOR: SHARON HAVEN



Hints of history, old-fashioned charm

Crisp lines softened by warm colors

continued from page 79



Formal in plan, this kitchen nonetheless provides elbowroom and gossip space for informal, impromptu parties.

A Golden Glow

The layout may be square, but this spacious, honey-toned kitchen is the life of the party. A central island, replete with cooktop and sink, never fails to draw in casual conversation or volunteer cooks. The natural warmth of oak and marble balances the hard-edged lines of the cabinets and counters. Pottery and cookwares behind the glass-front upper cabinets supply colorful grace notes. A bank of windows teams with an unbroken line of skylights to open the four-cornered plan into far-reaching vistas.

continued on page 82

▼ There's room for plenty of cook's mates when you anchor guests at this island countertop.

▲ Cabinets full of lmariware and a well-stocked pot rack bring color and bustle to the design.



PHOTOS: STEPHEN CRIDLAND. ARCHITECT: CARTER CASE ARCHITECTS. REGIONAL EDITOR: CATHY HOWARD



Mix black and white and ignite with

continued from page 81

◀ **A three-part skylight and triple French doors soften the hard-edged lines with a diffuse glow of natural light.**



▶ **High-tech track lights provide high-voltage drama near the ceiling with their stark, contemporary design.**

Black Is Back

Elegant and mysterious, black conjures up images of tux-and-tails formality, after-five ambience, and uptown style. Here, all-black cabinets and appliances stand solemnly in contrast to the jazzier diamond-patterned tile and black-and-white-flecked countertops. A minimalist light fixture and knock-'em-dead red hardware complete the daring, dramatic effect.

Buying information, page 123

▼ **Diamond tile inserts and red drawer pulls add punchy details to the monolithic scheme.**





PHOTOGRAPHS: JON JENSEN. REGIONAL EDITOR: BONNIE MAHARAM

sparks of red

YOUR OWN LITTLE CORNER OF THE WORLD

BY DENISE L. CARINGER AND SANDRA S. SORIA

Where better than the bedroom to let your own special style rise and shine? This bedtime story tells about rooms that beckon with eye-opening good looks and soul-satisfying amenities—and about furnishings you can buy to serve and soothe you. Let us help make your suite dreams come true.

continued on page 86



▶ LUSCIOUS LINENS
Today's linen sets mix patterns for interest. "Rose Garden" by Eileen West for *Utica*.

FOR A SUNNY OUTLOOK:

- Limit furnishings to a streamlined few, such as these Shaker-like pieces. A diligent closet replaces husky bureaus.
- Choose an airy color palette. Like clouds against the sky, a white-against-blue scheme is crisp but calming. Pink brightens the cool-blue setting.
- Tailor window dressings. A simple valance adds soft color to sleek blinds. To make the valance, see *page 92*.

PHOTOGRAPHS: SCOTT LITTLE



◀ SIMPLY SHAKER
Tall and slim, this Shaker-style chest offers stowing power without demanding floor space. *Sears* ($120).

Buying information, page 123.

COZY UP TO COUNTRY

After a fast-lane day, slow down with long-ago style. As warm and inviting as Granny's hugs, the bed is a passed-down family gem. Its pillow pile-up and layering of quilts add a cozy, mismatched look. Standing by, a towering armoire looks good, works hard. Sunny prints brighten dark woods.

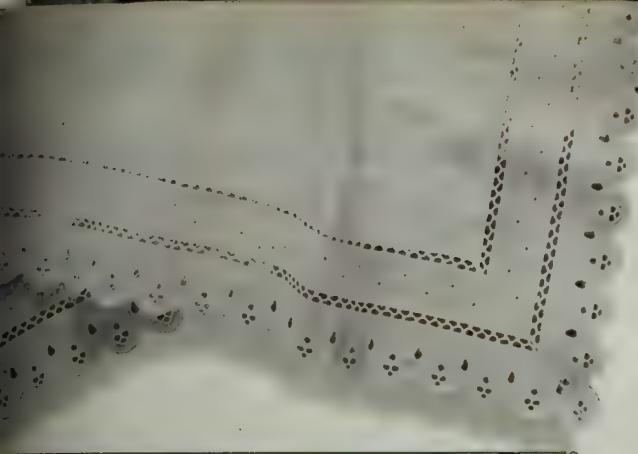
continued on page 88

▼ STOW IT
Its look is rooted in young America, but this piece hides modern clutter. *Drexel Heritage* ($2,289).



▶ SKIRT THE ISSUE
A well-dressed side table offers a pedestal for favorite things and a surface for writing.





◀ SWEET SHEETS

Make your bed white for fresh, crisp style. The eyelet adds old-fashioned charm. "Beacon Hill" by *Wamsutta.*



PHOTOGRAPHS STEPHEN CRIDLAND DESIGN VIRGINIA BURNEY DESIGNS REGIONAL EDITOR CATHY HOWARD

▶ STRIKING LAMP

A classic candlestick lamp can lend a bright spot to any nostalgic scheme. *Stiffel* ($240).

▼ STITCHES IN TIME

You can get the look of an antique quilt without the wait with this hand-stitched, mail-order replica. *Amish Country Collection* (queen-size, $525).

Buying information, page 123.

TO "AGE" YOUR ROOM:

- Set the mood with a romantic bed. Don't have an antique? Shop for an instant "heirloom" among today's reproduction bed frames.
- Top the bed with two or more prints—say, a floral and a stripe—to help your room look as if it has evolved over time.
- Forget matched furniture. Blend styles, finishes, even materials for a personal look. Add accents—a lamp, a chair, a quilt—one at a time.

SERENELY SIMPLE

Feeling burdened by too much stuff? Stash the excess to allow you, and your eyes, room to roam. In this pared-down setting, every element—snappy checks to curvy chair leg—demands attention.

continued on page 90



▼ HEADBOARD HANG-UP

A little curve adds a lot of verve to a simple setting. Let this 40-inch-wide plaque stand in for an ornate headboard. *Ballard Designs* ($68).

▶ BED CHECKS

The punch of a powerful pattern makes your bed a strong design element. "Esprit" from *WestPoint Pepperell.*

TO SIMPLIFY YOUR ROOM:

- Decide what items you really need, then pass down, sell, or store the rest.
- Make each furniture piece special. Here, family heirlooms—practical, heartwarming, and eye-catching—enliven and warm the spare setting.
- Limit pattern. Paint the walls a glowing, solid color for restfulness and to showcase each shapely furniture piece. Then splash one bold print on the bed.

◀ MIRROR IMAGE

A cheval glass reflects timeless good taste—and you! *J.C. Penney* ($425).

▶ AUTHENTIC ARMCHAIR

Made famous by the first First Lady, the Martha Washington chair has thronelike presence. *Pearson* ($816).

Buying information, page 123.

PHOTOGRAPH: MIKE JENSEN; REGIONAL EDITOR: TRISH MAHARAM

◀ LINENS IN BLOOM
Petal-powered linens are an easy way to reap room-refreshing benefits. "Martha's Garden," a Martha Stewart design for *K mart*.

SUITE ROMANCE

Like lyrics to a love song, this room soothes and delights with heart-touching sentiment. The romantic high notes include: mellow hues, a nestle-in sleep spot, an inviting chaise, and delicate lace. The ultimate warm spot? A fireplace brushed with a marble-look finish and the inspiring inscription: "Fairy tales do come true."

continued on page 92

◀ STACKABLE CHESTS
Like the right word at the right time, one special piece can spark romance in your room. *Ballard Designs* ($475).

▼ HOOKED ON RUGS
Make old-fashioned sentiment a footnote to style with a hooked rug. *Spiegel* ($70).

Buying information, page 123.

PHOTOGRAPHS: BARBARA MARTIN. REGIONAL EDITOR: MARY ANN THOMSON

TO FIND ROMANCE:

- Carve out an intimate sleeping nest. Nail together a built-in or get the feeling of one by enclosing a bed with bookshelves or a fabric canopy.
- Compose a heartwarming focal point. No fireplace? A lace-draped dressing table or a group of glowing floral prints also offer warmth.
- Add favored frills—lush fabric, wispy lace, fresh blooms—but don't overpower the senses by overcrowding a room with pattern or pieces.





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This is the unique combination Royal® uses to create our all-metal upright vacuums. The result is a handcrafted vacuum that's remarkably simple to handle, easy to use, and built to last a lifetime. In fact, Royal uprights carry a lifetime warranty on the cast aluminum fancase, nozzle, and motor housing. And when it comes to cleaning, Royal is the king of the hill. Our unique bell-shaped nozzle and curved, double-row revolving brush provide the optimum airflow and agitation to clean even deep-down, ground-in dirt. Experience the difference a Royal can make in your home. Look in the Yellow Pages or call 1-800-321-1134 (in Ohio 1-800-362-5509) for the authorized dealer nearest you.



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Royal also makes the Dirt Devil® line of vacuums.

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continued from page 91

EASY-SEW WINDOW VALANCE

Create this simple-to-sew valance and crown a window with color and softness. Follow these steps for measuring, buying materials, and stitching:

SIZING IT UP

To compute the number of inches of the 44- or 45-inch-wide fabric yardage you'll need, simply measure your window's width from outside molding to outside molding.

MATERIAL MATTERS

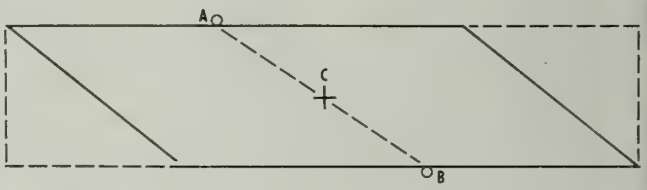
Gather these supplies from a crafts, hardware, or fabric store: two lengths of 44- or 45-inch-wide contrasting fabrics (buy same number of inches as window width of each fabric); two cup hooks; two 5-inch-diameter wooden disks (for valance "buttons"); four 1-inch-diameter plastic curtain rings; scrap of 1-inch-wide twill tape; scrap of quilt batting (for valance "buttons"); sewing thread; scissors.

SEWING INSTRUCTIONS

Fold the fabric in half lengthwise. Then, cut along the fold to make two 22-inch-wide pieces. Using ½-inch seam allowances, stitch the pieces together across the short ends to make one long strip. Repeat these steps with the contrasting fabric pieces. With right sides facing, place the strips together and stitch along the long edges to form a tube.

To make valance points, draw parallel diagonal lines across each end of the tube. See diagram (*below*). Stitch across the angled ends, leaving an 8-inch-long opening on one end for turning. Cut away excess fabric ½ inch from the stitching line and clip the corners.

Turn the tube right side out, press, and stitch closed. Find and mark the center of the valance.



HANGING THE VALANCE

Screw cup hooks to the outside corner of the window frame. Measure the distance between the cup hooks. Referring to the diagram, hand-sew the rings to the edges of the valance so that the dotted line between A and B equals the distance between the cup hooks, and runs through the center of the valance. Suspend the rings on the cup hooks.

THE FINISHING TOUCH

To make the valance "buttons," cut two 8-inch-diameter circles from one of the fabrics and 2 circles from batting. Layer 1 batting and 1 fabric circle atop each disk; smooth the fabric evenly around the circle and staple in place. Cut two 4-inch lengths of twill tape.

Slip one length through a plastic ring and staple the tape to the center of the wooden circle's back. Repeat for the remaining wooden circle. Hang a disk over each cup hook.



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15 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

BENT-GLASS WINDOW

IT'S A WRAP!

Here's a new slant on optimal outdoor views. It just may kick off a new era of more creative uses of glass.

"Awesome." That's the opinion of builder Greg Frazee, who used the new 90-degree-angle, bent-glass wood window at a test site for the manufacturer, Marvin Windows, last summer. According to company spokesperson Susan Marvin, the bent-glass window is the first of its kind in the United States.



THE NEW PANORAMIC VIEW

The biggest selling point for the window, in Frazee's opinion, is its brand-new perspective of the panoramic view. "The glass is not caulked or welded in the corner," he says. "It's truly bent so it continues uninterrupted right around the corner. The window brings in much more light and a greater feeling of spaciousness than corner windows."

Sizes range from 28 × 48 inches to 40 × 60 inches (the width dimension refers to the length of one leg of the 90-degree angle). Write Marvin Windows, Warroad, MN 56763.

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▶ You can stack the wraparound units two high. Inside, the space seems to flow right outside. Options include head and seat boards for bay window applications on flat walls.

◀ The new bent-glass window requires cantilevered structural framing. Marvin Windows highly recommends professional structural engineering of the installation.



Photos courtesy of Marvin Windows. Home design and construction: Greg L. Frazee, Optima Design & Construction, Inc.




FROTHY MIDNIGHT MOCHA
HEARTTHROB CAKES
BERRY TRUE-LOVE CUPS
RASPBERRY ICE WITH CHOCOLATE LACE

Noodle Roni® Broccoli au Gratin

No. 2 in a series of 13 delicious pastas from Rice-A-Roni.® To be continued.



Your family will love this. Fettuccine with bits of bright green broccoli, tossed in a mild Cheddar and Parmesan cheese sauce, with a hint of onion. You will love this. It cooks perfectly in minutes in your microwave and on your range top.

© 1989 Golden Grain Co.



Noodle Roni From Rice-A-Roni *The San Francisco Treat®*

continued from page 98
(Recipes pictured on pages 96-97.)

FROTHY MIDNIGHT MOCHA

Wrap up containers of the spicy mocha mix for your favorite valentines—but save enough for yourself for late-night sipping or for a dessert or coffee spree—

2½ cups nonfat dry milk powder
1 cup sifted powdered sugar
½ cup unsweetened cocoa powder
¼ cup instant coffee crystals
½ tsp. apple pie spice

● **To make mocha mix,** in a 1-quart airtight storage container combine milk powder, powdered sugar, cocoa powder, coffee crystals, and apple pie spice. Cover and shake well to mix.

● **To make a cup of mocha,** first stir the mix. Place *⅓ cup* of the mix in a blender container or food processor. Cover. With blender or processor running, add ⅔ cup *boiling water* through opening in lid or center feed tube. Blend or process till mixed and frothy. Makes 10 (6-ounce) servings.

Nutrition information per serving: *164 cal., 12 g pro., 29 g carbo., 1 g fat, 6 mg chol., 195 mg sodium, 708 mg potassium, 1 g dietary fiber. U.S. RDA: 29% riboflavin, 39% calcium.*

HEARTTHROB CAKES

You can bake these minicakes in small heart-shape pans, tartlet pans, or mini muffin pans. To order the 3½x1-inch heart-shape pans, see page 141. Look for the 2¾x½-inch heart-shape tartlet molds in a kitchen specialty shop—

1 cup all-purpose flour
1 cup sugar
½ tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
¾ cup milk
¼ cup peanut butter
2 envelopes (2 oz.) premelted unsweetened chocolate product
½ tsp. vanilla
1 egg
1 recipe Peanut Butter Icing
¼ cup chopped peanuts

● **In a large mixer bowl combine** flour, sugar, baking powder, baking soda, and salt. Add milk, peanut butter, chocolate product, and vanilla. Beat with an electric mixer on low speed till combined. Beat on medium speed for 2 minutes. Add egg and beat for 2 minutes more.

● **Spoon a scant *¼ cup*** of the batter into each of 12 greased and floured 3½x1-inch heart-shape minicake pans. If necessary, bake *half* of the batter at a time; let remaining batter stand at room temperature. (*Or,* spoon a scant 2 tablespoons of the batter into each of 24 greased and floured 2¾x½-inch tartlet molds *or* a scant tablespoon of the batter into 48 greased and floured 1¾-inch muffin pans. If necessary, bake *one-fourth or half* of the batter at a time; let the remaining batter stand at room temperature.)

● **Bake** the 3½x1-inch hearts in a 350° oven for 15 minutes or till toothpick inserted in center comes out clean. (Bake the smaller 2¾x½-inch tartlet molds for 10 to 12 minutes; bake the 1¾-inch muffin pans for 8 to 9 minutes.) Cool for 10 minutes on a wire rack. Remove from pans. Cool completely. Pour Peanut Butter Icing over the 3½x1-inch cakes, completely covering top and sides; sprinkle with peanuts, if desired. (Drizzle icing over the smaller cakes.) Makes 12 (3½x1-inch) cakes; 24 (2¾x½-inch) cakes; 48 (1¾-inch) cakes.

Peanut Butter Icing: In a small mixer bowl beat 3 tablespoons *peanut butter* till light and fluffy. Gradually add ¾ cup sifted *powdered sugar,* beating well. Beat in ¼ cup *milk* and ½ teaspoon *vanilla.* Gradually beat in an



additional 1 cup sifted *powdered sugar*. Beat in additional milk (1 to 2 tablespoons), if necessary, to make pouring consistency. (Icing should be thin enough to flow over the cakes so heart shape is distinct.) Makes enough to ice 12 3½x1-inch cakes or drizzle over 24 2¾x½-inch cakes or 48 1¾-inch cakes.

Nutrition information per 3½x1-inch cake: *263 cal., 6 g pro., 45 g carbo., 8 g fat, 24 mg chol., 160 mg sodium, 147 mg potassium, 1 g dietary fiber. U.S. RDA: 12% niacin.*

BERRY TRUE-LOVE CUPS

Tuck fresh raspberries and strawberries inside candy hearts. To order molds to make the candy hearts, see page 141—

12 oz. white baking bar *or* pieces with cocoa butter, finely chopped
2 Tbsp. shortening
Several 1¼-inch *and/or* 1½-inch heart-shape candy molds
1 to 2 cups fresh raspberries, *and/or* sliced strawberries, rinsed, well dried, and at room temperature

● **In a heavy saucepan** melt white baking bar or pieces and shortening over very low heat, stirring constantly. Remove from heat; stir till smooth.

● **Using paintbrush** or small spoon, spread some mixture inside heart-shape candy molds. (You may coat inside of small 1-inch heart molds—available on one tray of molds. However, they are too small to hold fruit.)

● **Place molds in freezer** for 2 to 3 minutes. Remove. Repeat spreading mixture inside molds, coating evenly. Freeze about 5 minutes or till firm. Immediately turn molds upside down and gently tap against a hard surface or press mold to remove candy heart. Chill. Continue to mold hearts with remaining mixture. If mixture thickens, reheat over very low heat till melted.



Paint the inside of the candy molds.

● **Fill hearts with berries.** (You'll need the larger amount of fruit to fill *all* hearts. Or, fill half the hearts, and place remaining unfilled hearts atop as covers, slightly ajar.)

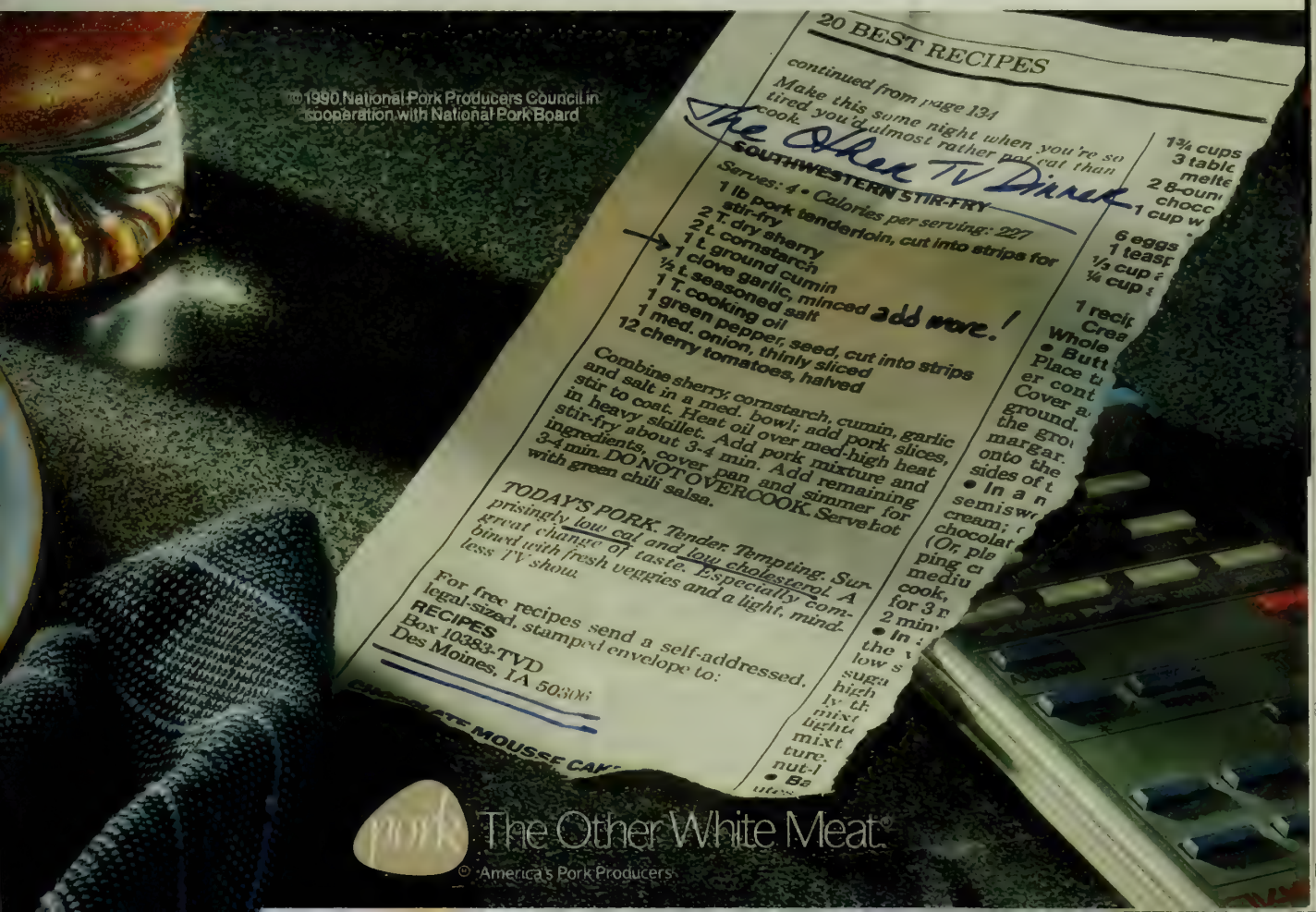
● **Chill** 2 to 3 minutes in freezer or 15 to 20 minutes in refrigerator. Store filled hearts in refrigerator up to 24 hours. Before serving, let stand at room temperature 10 to 15 minutes. Makes 40.

Nutrition information per heart, with fruit: *55 cal., 1 g pro., 6 g carbo., 3 g fat, 2 mg chol., 8 mg sodium, 35 mg potassium, 1 g dietary fiber.*

RASPBERRY ICE WITH CHOCOLATE LACE

1 10-oz. pkg. frozen red raspberries, thawed
¼ cup sugar
3 Tbsp. crème de cassis
½ tsp. finely shredded orange peel
1 6-oz. pkg. (1 cup) semisweet chocolate pieces
1 Tbsp. shortening
3 oz. white baking bar with cocoa butter, finely chopped
1 Tbsp. shortening

continued on page 102



continued from page 101

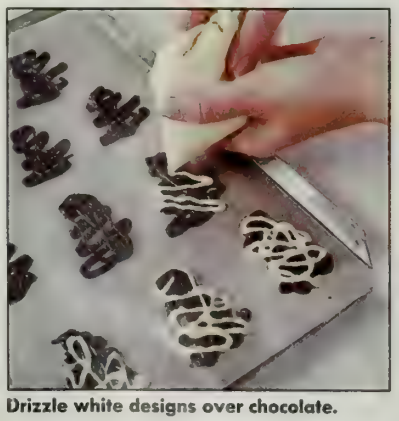
● **In a covered blender container** or food processor bowl puree the thawed raspberries. Sieve puree to remove seeds. Discard seeds. (You should have about *1¼ cups* puree.) Add sugar, crème de cassis, and orange peel. Cover and blend till sugar dissolves. Pour raspberry mixture into a 9x5x3-inch loaf pan. Cover; freeze for 3 to 4 hours or till almost firm.

● **Break frozen mixture** into chunks. Transfer to a chilled large mixer bowl. Beat with an electric mixer on medium speed till smooth but not melted. Return to cold pan. Cover; freeze for 6 to 8 hours or till firm.

● **For chocolate lace,** in a 2-cup glass measure or 3-cup mixing bowl stir together the chocolate pieces and the 1 tablespoon shortening. Follow directions for melting chocolate, *page 98.* This melting process takes about 15 minutes for 6 ounces of chocolate.

● **Line a baking sheet** with waxed paper or foil. Using a pastry bag fitted with writing tip or a heavy-duty plastic bag with a small hole cut in one corner, quickly drizzle the melted chocolate mixture over the waxed paper. For each piece of lace, drizzle a 2x1½-inch zigzag shape, forming an open, lacy design or pattern. Repeat with remaining melted chocolate to make about 40 pieces of lace. Chill in the freezer about 5 minutes or till set.

● **Meanwhile, in a small saucepan** melt the finely chopped white baking bar and the 1 tablespoon shortening over very low heat, stirring constantly. Using a pastry bag fitted with a writing tip or a heavy-duty plastic bag with a small hole in one corner, randomly drizzle the white mixture atop each chocolate design, forming a variegated white and chocolate pattern. Chill in the freezer about 5 minutes or till set. Store lace pieces, covered, in a cool, dry place between 65° and 75° till ready to serve.



Drizzle white designs over chocolate.

● **To serve,** let raspberry ice stand about 5 minutes at room temperature. Meanwhile, carefully remove chocolate lace from waxed paper.

● **For each serving,** arrange 3 small scoops of raspberry ice on a serving dish. Garnish each serving with 1 or 2 pieces of the chocolate lace. Store remaining chocolate lace in freezer in layers with foil or plastic wrap between layers. Store up to 4 weeks. Makes 4 servings.

Nutrition information per serving (with 2 pieces chocolate lace): *234 cal., 1 g pro., 47 g carbo., 6 g fat, 1 mg chol., 5 mg sodium, 122 mg potassium, 4 g dietary fiber. U.S. RDA: 20% vit. C.*

CHOCOLATE SWIRL MACADAMIA CHEESECAKE

Treat yourself and those you love to a Valentine's Day splurge—but enjoy this luxurious cheesecake at other times of the year as well. The layers of white and dark are delectable!

¾ cup all-purpose flour
3 Tbsp. sugar
¼ cup margarine *or* butter
¼ cup finely chopped toasted macadamia nuts *or* almonds
1 egg white

• • •

¾ cup milk chocolate pieces

• • •

3 8-oz. pkg. Neufchâtel cheese, softened
1 cup sugar
2 Tbsp. all-purpose flour
2 eggs
1 egg yolk
¼ cup white crème de cacao
Chocolate-covered macadamia nut clusters (optional)
Chocolate leaves (optional)

● **For crust,** in a bowl combine the ¾ cup flour and the 3 tablespoons sugar. Cut in the margarine or butter till mixture is crumbly. Stir in chopped nuts and egg white.

● **Pat *half* of the dough** onto bottom of an 8- or 9-inch springform pan (with sides removed). Bake in a 375° oven for 8 to 10 minutes or till very light golden brown; cool.

● **Butter sides of pan;** attach sides to bottom. Pat remaining dough 1¾ inches up side of 8-inch pan or 1½ inches up side of 9-inch pan; set the prepared pan aside.

● **In a heavy small saucepan melt** chocolate over very low heat, stirring constantly. Remove from heat.

● **For batter,** in a large mixer bowl beat Neufchâtel cheese till fluffy. Stir together the 1 cup sugar and the 2 tablespoons flour; beat into cheese mixture. Add the 2 eggs and the egg yolk all at once, beating on low speed just till blended. Do not overbeat. Stir in crème de cacao.

● **To ⅔ of the batter (about 3 cups),** stir in melted chocolate. Spoon *half* the chocolate batter into crust-lined pan. Carefully spoon *half* of the remaining plain batter over chocolate layer. Repeat. Carefully run a knife through layers to swirl.

● **Bake in a 375° oven** for 35 to 45 minutes for 9-inch pan or for 45 to 50 minutes for 8-inch pan or till center appears *nearly* set. (To test for doneness, gently shake side of pan. When cheesecake is done, frequently a 1-inch portion in the center will jiggle slightly. This portion will set upon cooling.)

● **Cool cheesecake on a wire rack** for 5 minutes. Using a metal spatula, loosen crust from pan, leaving pan sides attached. Cool 30 minutes more; remove sides of pan. Cool 2 hours. Cover and chill thoroughly.

● **To serve,** transfer cheesecake (bottom of springform pan in place) to a serving plate. Garnish plate with chocolate-dipped macadamia nut clusters and chocolate leaves before serving, if desired. Makes 12 servings.

To make chocolate-covered macadamia nut clusters: In a heavy saucepan heat 2 *ounces of semisweet chocolate pieces* or *milk chocolate pieces* over very low heat, stirring constantly till the chocolate begins to melt. Immediately remove the chocolate from the heat and stir till smooth. Dip *whole macadamia nuts* into chocolate (3 nuts per cluster). Place nuts on a baking sheet lined with waxed paper with sides of 3 nuts touching each other. Top each of the clusters with an undipped macadamia nut; chill till set.

To make chocolate leaves: In a heavy saucepan heat *2 ounces of semisweet chocolate pieces* or *milk chocolate pieces* over very low heat, stirring constantly till the chocolate begins to melt. Immediately remove the chocolate from the heat and stir till smooth. With a small paintbrush, brush melted chocolate on the underside of nontoxic, pesticide-free fresh leaves (such as rose, lemon, mint, or ivy), building up layers of chocolate so garnish will be sturdy. Wipe off chocolate that may have run onto the front of the leaves. Place on a baking sheet lined with waxed paper; chill or freeze till set. Just before using, carefully peel the fresh leaves away from the chocolate leaves.

Nutrition information per serving: *399 cal., 9 g pro., 38 g carbo., 24 g fat, 115 mg chol., 301 mg sodium, 141 mg potassium, 1 g dietary fiber. U.S. RDA: 19% vit. A, 13% riboflavin.*

continued on page 103

A WORD ABOUT "WHITE CHOCOLATE"

Some recipes in this story call for white baking bar (or pieces) with cocoa butter. This product is available under a variety of names, including: candy coating, confectioners' coating, almond bark, and white milk chocolate. These products are sometimes referred to as white chocolate.

TWICE AS NICE

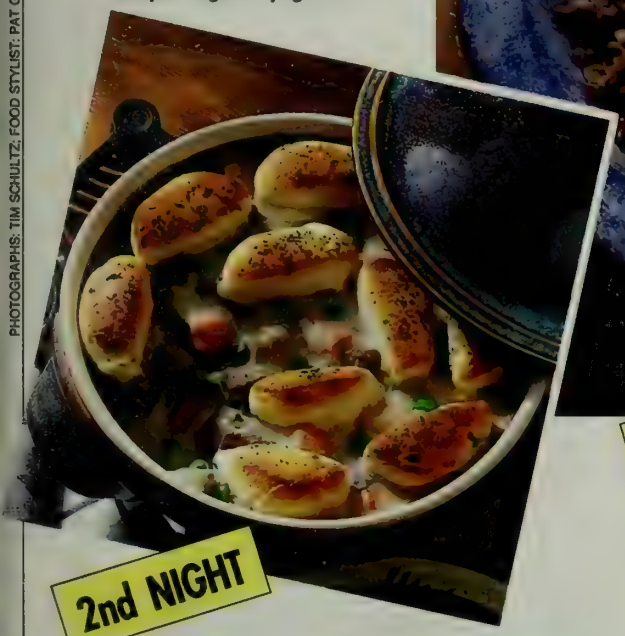
Cook Once for Two Meals

BY BARBARA GOLDMAN

Isn't it great when you cook one meal and end up with the makings for another? For these doubleheader recipes, serve half the first night and refrigerate or freeze the rest. The second night, a few more ingredients create a delicious new dinner.

Recipes begin on page 110.





PHOTOGRAPHS: TIM SCHULTZ; FOOD STYLIST: PAT GODSTED

1st NIGHT

Beef and Vegetable Stew

A homey, warming meal that'll brighten a winter day, with plenty of healthful vegetables, and bulgur on the side. Though you'll be tempted to eat more, remember to save half the stew for another night.

2nd NIGHT

Quick Beef Pot Pie

Stir up a simple sauce, add the stew, mushrooms, and peas, and cook until bubbly. Pour into a casserole, top with refrigerated biscuits, and bake 10 minutes.

BEEF ON THE DOUBLE

continued on page 106

Recipes begin on page 110

FROM STIR-FRY TO SOUP

Pork works a sleight of hand as it debuts in a sizzling stir-fry, then vanishes into a steaming bowl of oriental soup.



2nd NIGHT

Oriental Hot and Sour Soup

Mix up this tangy soup in just 15 minutes. It's no trick at all, thanks to preshredded cabbage with carrots, canned chicken broth, and the remaining stir-fry. Add tofu for extra nutrition, mushrooms and seasonings for extra flavor.

1st NIGHT

Pork, Pepper, and Carrot Stir-Fry

Carrots and sweet red peppers pack plenty of vitamin A—and plenty of taste—into this perky stir-fry. Freeze or chill part of the stir-fry for a second meal that's just as wonderful.





1st NIGHT

Chicken Breasts Dijon with Fresh Vegetables

Snow peas and baby red-skinned potatoes combine nicely with this healthful offering of tasty, tender chicken breasts. Prepare the chicken with a little mustard and a little wine, but with no added fat.

QUICK-CHANGE CHICKEN

Transform a simple but elegant chicken entrée into another terrific meal of pasta and chicken.



2nd NIGHT

Pasta with Chicken and Artichokes

Be ready for dinner in 20 minutes or less. Your second chicken dish goes together with tricolor pasta, artichokes, pimiento, and garbanzo beans.

continued on page 108

Recipes begin on page 110

TWO-WAY TURKEY

A speedy broiler entrée with a delectable chutney sauce evolves into a down-home skillet of Turkey Country Captain.



1st NIGHT

Chutney-Sauced Turkey Tenderloins

The perfect answer to a hurry-up call for a company dinner. A turn under the broiler and a slathering of chutney sauce produces a succulent turkey entrée that's a dinner winner.

2nd NIGHT

Turkey Country Captain

New seasonings recycle a turkey dinner. Onions, garlic, a hint of curry powder, and ground red pepper combine with the turkey, canned tomatoes, and strips of sweet pepper to fashion a robust, family-style dish. It's ready in 30 minutes.



1st NIGHT

South-of-the-Border Spuds

Bring this saucy meal to the table in just half an hour. While the meat sauce simmers, slip the potatoes into the microwave. Serve the cooked, sliced potatoes topped with meat sauce and the fixin's—cheese, tomato, and green onion.

SOUTHWESTERN SWITCH

Two zesty meat sauce pardnerships prove the simpler, the better. First, pair the sauce with a potato, next with a bun.



2nd NIGHT

Southwestern Heroes

Your search for a bold and brave hero ends here. Though humble in every way, this one has what it takes—a snappy manner with plenty of crust.

continued on page 110

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

- With each recipe we give important nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.
- Also, you can check the vitamin and mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)
- When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

- We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

- When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed.

WHAT YOU NEED

- Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 23 to 50 years old (in general, moderately active males and teenagers need more calories):

- **Calories—2,000**
- **Protein—45 to 65 grams**
- **Fat—no more than 67 grams**
- **Cholesterol—no more than 300 milligrams**
- **Sodium—1,100 to 3,300 milligrams**
- **Fiber—20 to 30 grams**

- Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

FEBRUARY RECIPE INDEX

TWICE AS NICE
Beef and Vegetable Stew . . 110
Chicken Breasts Dijon With Fresh Vegetables . . . 114
Chutney-Sauced Turkey Tenderloins 114
Oriental Hot and Sour Soup 112
Pasta with Chicken And Artichokes 114
Pork, Pepper, and Carrot Stir-Fry 112
Quick Beef Pot Pie 112
South-of-the-Border Spuds . . 116
Southwestern Heroes 117
Turkey Country Captain 116

CHOCOLATE!
Berry True-Love Cups 101
Chocolate Swirl Macadamia Cheesecake 102
Frothy Midnight Mocha 100
Heartthrob Cakes 100
Lace Heart Basket 103
Orange-Ginger Truffles 103
Raspberry Ice with Chocolate Lace 101
Triple Chocolate Kisses 103

PRIZE TESTED RECIPES®
Blueberry-Sausage Breakfast Cake 119
Grilled Apple-Cheddarwiches 119
Morning Cookies 120
Santa Fe Subs 120

GOOD FOOD, GOOD HEALTH
Slim 'n' Spicy Cocoa 35
Spiced Oatmeal with Fruit 35

TWICE AS NICE

(Twice As Nice recipes pictured on pages 105–109.)

BEEF AND VEGETABLE STEW

Simply stir a jar of gravy, wine, and seasonings into the pot of browned meat, add the vegetables, and simmer an hour for terrific flavor—

- **2 lb. lean boneless beef round steak, cut into 1-inch cubes**
- **2 Tbsp. cooking oil**
- **1 12-oz. jar brown gravy**
- **¼ cup dry red wine**
- **½ tsp. dried thyme, crushed**
- **¼ tsp. pepper**
- **8 medium carrots, cut into 1½-inch pieces**
- **3 medium turnips, peeled and cut into 1½-inch pieces**
- **3 medium onions, quartered**
- **1 cup bulgur**
- **1 medium zucchini, cut into thin strips**

- **In a Dutch oven brown** steak cubes, *half* at a time, in hot oil. Drain off excess fat. Return all meat to Dutch oven. Stir in gravy, wine, thyme, and pepper. Add carrots, turnips, and onions to meat in Dutch oven. Bring to boiling; reduce heat. Cover and simmer about 1 hour or till meat is tender.
- **About 15 minutes before dinner,** cook bulgur according to package directions. Place zucchini strips atop bulgur for the last 5 minutes of cooking time. Remove zucchini to a small plate or bowl. Cover to keep warm.
- **To serve, spoon bulgur mixture** onto one side of *each* of 4 soup bowls or plates. Spoon *half* of the stew onto the other side of the 4 bowls. Place cooked zucchini strips atop bulgur on each plate. Reserve the remaining stew (about 4 cups) and chill up to 48 hours or freeze for Quick Beef Pot Pie recipe; see recipe, *page 112.* Makes 4 servings.

continued on page 112

Swanson Introduces Real Chicken Real Easy.



Easy-Open Cans Make It Even Easier.

Now our big, solid chunks of all breast-meat chicken are nestled in easy-open, single-serving cans. So you can have Swanson Premium Chunk Chicken to go. Or toss in a couple of simple ingredients and whip up a tempting dish for one.

SWANSON®

CHICKEN FIESTA SALAD

Drain a 3-oz. can of Swanson Chunk Chicken. Mix with 1 tbsp. salsa and 1 tsp. salad oil. Spoon over shredded lettuce. Garnish with tortilla chips for South of the Border flavor in no time flat.

CHICKEN IN A POCKET

Split a 4 inch pita bread and line with greens. Drain a 3-oz. can of Swanson Chunk Chicken. Add 2 tbsp. oil and vinegar salad dressing and 2 tbsp. shredded carrot. Stuff pita and garnish with carrot curl. It's tasty, colorful and quick.

Three Easy-Open Cans Per Package.



Swanson® Premium Chunk Chicken

© 1990 Campbell Soup Company

continued from page 110

Nutrition information per serving: *399 cal., 28 g pro., 46 g carbo., 12 g fat, 62 mg chol., 112 mg sodium, 804 mg potassium, 11 g dietary fiber. U.S. RDA: 407% vit. A, 25% vit. C, 20% thiamine, 17% riboflavin, 28% niacin, 29% iron.*

QUICK BEEF POT PIE

Refrigerated biscuits and held-over Beef and Vegetable Stew make this homey pot pie a breeze to prepare—

½ recipe (about 4 cups) Beef and Vegetable Stew (thawed, if frozen)
3 Tbsp. margarine *or* butter
¼ cup all-purpose flour
⅛ tsp. dried rosemary, crushed
1½ cups milk
¾ cup loose-pack frozen peas
1 4-oz. can whole mushrooms, drained
1 pkg. (6) refrigerated biscuits
Dried rosemary, crushed (optional)

● **If frozen,** thaw Beef and Vegetable Stew in refrigerator, *or* in a 2-quart microwave-safe casserole micro-cook, covered, on 30% power (medium-low) 30 to 35 minutes, stirring occasionally.

● **In a large saucepan melt** margarine or butter over medium heat. Stir in flour and the ⅛ teaspoon rosemary. Add milk all at once; cook and stir till thickened and bubbly. Stir in stew, peas, and mushrooms. Cook till bubbly. Pour into a 2-quart casserole. Halve biscuits crosswise. Arrange biscuits in two rings around outside edge of casserole. Sprinkle with dried rosemary.

● **Bake in 450° oven** 8 to 10 minutes or till biscuit crust is golden brown. Serve immediately. Serves 4 or 5.

Nutrition information per serving: *424 cal., 25 g pro., 35 g carbo., 20 g fat, 55 mg chol., 578 mg sodium, 683 mg potassium, 4 g dietary fiber. U.S. RDA: 335% vit. A, 22% vit. C, 23% thiamine, 25% riboflavin, 25% niacin, 22% iron.*

PORK, PEPPER, AND CARROT STIR-FRY

Rice wine vinegar lends a sweet-sour flavor to this saucy stir-fry. Look for it in the oriental section of your grocery store or in an oriental specialty store—

1½ lbs. lean boneless pork
½ cup sodium-reduced soy sauce
¼ cup rice wine vinegar *or* red wine vinegar
2 tsp. cornstarch
1 tsp. ground ginger
½ tsp. crushed red pepper
1 Tbsp. cooking oil
6 medium carrots, thinly bias-sliced (3 cups)
2 sweet red peppers, cut into thin bite-size strips (2 cups)
2 small onions, cut into wedges
2 cloves garlic, minced
Hot cooked rice
Fresh cilantro *or* parsley sprig (optional)
Garlic chives (optional)

FREEZING HOMEMADE MEALS

To keep frozen foods in tip-top shape, choose a wrap or container that is moistureproof and vaporproof and able to withstand temperatures of zero or below. The following wraps and containers meet these requirements.

● **Aluminum foil:** Heavy-duty foil provides better protection for frozen foods than regular foil. Mold the foil to the shape of the food to keep air out. Be sure the foil doesn't puncture while you're wrapping the food.

Avoid using foil to wrap foods that contain acid, such as tomato products. Acid reacts with the aluminum, giving an off-flavor. If you must use foil, wrap the food first in clear plastic wrap, then overwrap with foil.

● **Freezer plastic wrap:** This is sturdier than everyday plastic wrap. Because not all plastic wraps are alike, read the label to be sure your wrap is freezer safe.

● **Laminated paper:** Sturdy laminated paper, also known as heavy freezer wrap, is white, shiny on one side and dull on the other. Wrap the food with the shiny side of the paper facing toward the inside next to the food.

● **Polyethylene freezer bags:** These bags are made from pliable plastic film and are moisture- and vaporproof. The bags work well for solid foods, but they don't store easily when filled with liquids.

● **Plastic freezer cartons:** These containers come in a variety of sizes and shapes with tight-fitting lids.

● **Baking dishes:** Use baking dishes that are recommended for freezer-to-oven and/or freezer-to-microwave oven use.

● **Aluminum containers:** These are available in many sizes and styles with tight-fitting lids. Many are reusable and can go from oven to freezer and back again.

● **Waxed cartons:** Reusable waxed cardboard containers come in a variety of shapes and sizes. If you intend to pack them with foods that stain, line them first with polyethylene bags.

● **Cut pork on bias** into matchstick-size strips (about 2x¼x¼ inches).

● **For sauce,** stir together soy sauce, vinegar, cornstarch, ginger, and the crushed red pepper. Set aside.

● **Preheat a wok** or 12-inch skillet over high heat. Add oil. (Add more oil as necessary during cooking.) Add carrots, sweet red peppers, onions, and garlic. Stir-fry for 4 to 5 minutes or till vegetables are crisp-tender. Remove vegetables from wok.

● **Add *one-third* of pork** to hot wok or skillet. Stir-fry about 3 minutes or till no longer pink. Remove pork. Repeat twice with remaining pork. Return all the pork to wok. Push pork from center of wok.

● **Stir sauce;** add to center of wok. Cook and stir till thickened and bubbly. Return vegetables to wok. Stir ingredients together. Cover and cook for 1 to 2 minutes or till heated through. (Reserve 3 cups of the pork mixture and chill up to 48 hours or freeze for Oriental Hot and Sour Soup recipe.) Serve remaining portion over hot cooked rice. Garnish with cilantro or parsley and garlic chives. Makes 4 servings.

Nutrition information per serving (including ½ cup cooked rice): *411 cal., 31 g pro., 38 g carbo., 14 g fat, 81 mg chol., 940 mg sodium, 716 mg potassium, 3 g dietary fiber. U.S. RDA: 389% vit. A, 96% vit. C, 69% thiamine, 18% riboflavin, 34% niacin, 16% iron.*

ORIENTAL HOT AND SOUR SOUP

Crushed red pepper adds the hotness, while rice wine vinegar makes it sour—

3 cups Pork, Pepper, and Carrot Stir-Fry (thawed, if frozen)
1 49½-oz. can chicken broth
1 cup sliced fresh mushrooms
1 Tbsp. soy sauce
¼ tsp. crushed red pepper
½ lb. tofu, drained and cut into ½-inch cubes (about 1¾ cups)
1½ cups preshredded cabbage with carrot
2 Tbsp. rice wine vinegar *or* red wine vinegar

● **If frozen,** thaw Pork, Pepper, and Carrot Stir-Fry overnight in refrigerator, *or* in a 1½-quart microwave-safe casserole micro-cook, covered, on 30% power (medium-low) for 11 to 13 minutes, turning dish once.

● **In a Dutch oven combine** broth, mushrooms, soy sauce, and crushed red pepper. Bring to boiling. Add the 3 cups reserved stir-fry, tofu, preshredded cabbage with carrot, and vinegar. Return to boiling. Spoon into 4 soup bowls. Makes 4 servings.

Nutrition information per serving: *265 cal., 27 g pro., 13 g carbo., 12 g fat, 41 mg chol., 1,855 mg sodium, 847 mg potassium, 3 g dietary fiber. U.S. RDA: 273% vit. A, 60% vit. C, 37% thiamine, 21% riboflavin, 44% niacin, 12% calcium, 19% iron.*

continued on page 114



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L E N O X. S I N C E 1 8 8 9.

continued from page 112

CHICKEN BREASTS DIJON WITH FRESH VEGETABLES

Here's a lightly sauced chicken main dish that tastes as delicious as it is good for you—

¾ lb. tiny new red-skinned potatoes
8 oz. pea pods
• • •
¾ cup hot water
1 tsp. instant chicken bouillon granules
¼ cup dry white wine
3 to 4 tsp. Dijon-style mustard
½ tsp. dried basil, crushed
¼ tsp. dried tarragon, crushed
⅛ tsp. pepper
• • •
8 medium skinless, boneless chicken breast halves (about 1½ lb. total)
Nonstick spray coating
Halved orange slices (optional)
Cucumber curls (optional)
Fresh basil *and/or* tarragon sprigs (optional)

● **In a large saucepan** cook the potatoes, covered, in a small amount of boiling salted water for 20 minutes. Add pea pods and cook for 2 to 4 minutes more or till potatoes are tender and pea pods are crisp-tender. (*Or,* in a 3-quart casserole, micro-cook potatoes and 2 tablespoons *water,* covered, on 100% power [high] for 5 minutes. Add the pea pods. Cook, covered, on high for 3 to 5 minutes more or till the pea pods are crisp-tender.)

● **Meanwhile, in a small bowl** combine the ¾ cup hot water and the chicken bouillon granules. Add the wine, mustard, basil, tarragon, and pepper. Set aside.

● **Rinse chicken** and pat dry. Halve each chicken breast half lengthwise. Spray a cold large skillet with nonstick coating. Heat skillet over medium-high heat. Add the chicken pieces. Cook until the chicken is golden brown on both sides, turning once. (Allow about 2 minutes per side.) Remove skillet from heat. Carefully add bouillon mixture to the chicken; bring to boiling. Reduce heat. Simmer the mixture, covered, about 5 minutes or till the chicken is no longer pink.

● **Remove *two-thirds*** of the chicken; keep warm. (Reserve remaining portion and *half* of the pan juices and chill up to 48 hours or freeze for Pasta with Chicken and Artichokes recipe; see recipe at *right.*)

● **If necessary,** boil the remaining pan juices, uncovered, till reduced to ¼ cup (about 1 minute). Divide the chicken among 4 serving plates. Pour the pan juices over the chicken. Serve the chicken with the cooked vegetables. Garnish with the halved orange slices, the cucumber curls, and the herb sprigs. Makes 4 servings.

FOODS TO FREEZE

Whether you're freezing a make-ahead dish or leftovers, refer to this chart for maximum freezer storage times.

FOOD	FREEZER SHELF LIFE
Casseroles (fish, poultry, or meat with vegetables or pasta)	2 to 4 weeks
Leftovers (meat with gravy)	1 to 3 months
Sandwiches (avoid salad vegetables, hard-cooked egg, salad dressing, mayonnaise, and jam)	2 months
Soups and Stews	1 to 3 months

Nutrition information per serving: *286 cal., 39 g pro., 20 g carbo., 5 g fat, 96 mg chol., 195 mg sodium, 838 mg potassium, 3 g dietary fiber. U.S. RDA: 41% vit. C, 16% thiamine, 13% riboflavin, 86% niacin, 14% iron.*

PASTA WITH CHICKEN AND ARTICHOKES

The tangy marinade from the artichokes joins with the mustard-wine-flavored pan juices for a tangy pasta and chicken supper—

⅓ recipe Chicken Breasts Dijon including juices (thawed, if frozen)
4 oz. (about 1½ cups) large corkscrew pasta (rotelle) *or* fusilli
• • •
1 6-oz. jar marinated artichokes
1 cup canned garbanzo beans
1 2-oz. jar sliced pimiento, drained
• • •
¼ cup grated Parmesan cheese
2 Tbsp. snipped parsley

● **If frozen,** thaw Chicken Breasts Dijon and pan juices overnight in refrigerator, *or* in a 10x6-inch microwave-safe baking dish micro-cook chicken pieces and juices, covered, on 30% power (medium-low) for 5 to 7 minutes. Cut chicken into bite-size pieces.

● **In a large saucepan cook** pasta according to package directions; drain. Return pasta to saucepan.

● **Drain artichokes,** reserving *2 tablespoons* liquid. Cut large artichokes in half. To pasta, add artichokes and the reserved liquid, the chicken and the reserved juices, the garbanzo beans, and the sliced pimiento.

● **Cook, stirring gently,** over medium heat for 5 minutes or till most of the liquid is absorbed. To serve, sprinkle the pasta and chicken mixture with the Parmesan cheese and the parsley. Makes 4 servings.

Nutrition information per serving: *343 cal., 27 g pro., 37 g carbo., 9 g fat, 53 mg chol., 474 mg sodium, 431 mg potassium, 6 g dietary fiber. U.S. RDA: 11% vit. A, 22% vit. C, 14% thiamine, 12% riboflavin, 46% niacin, 15% calcium, 16% iron.*

CHUTNEY-SAUCED TURKEY TENDERLOINS

Slip the turkey under the broiler and add a sweet-sour chutney sauce. Then serve the succulent turkey with rice—but not until you've reserved part for another great meal—

1 9-oz. jar chutney (¾ cup)
1 Tbsp. margarine *or* butter
1 Tbsp. lemon juice
1 Tbsp. water
⅛ tsp. pepper
⅔ cup long grain rice
½ tsp. ground turmeric
8 turkey breast tenderloin steaks (about 2 lb. total)
2 Tbsp. margarine *or* butter, melted
¼ cup sliced almonds
Green grape cluster (optional)
Green onion curl (optional)

● **Snip any large pieces** of chutney. In a 1-quart saucepan stir together chutney, the 1 tablespoon margarine or butter, lemon juice, water, and pepper. Cook mixture over medium heat till margarine melts and mixture bubbles, stirring occasionally. Remove from heat; keep warm.

● **Cook rice** according to package directions, adding turmeric to the cooking water.

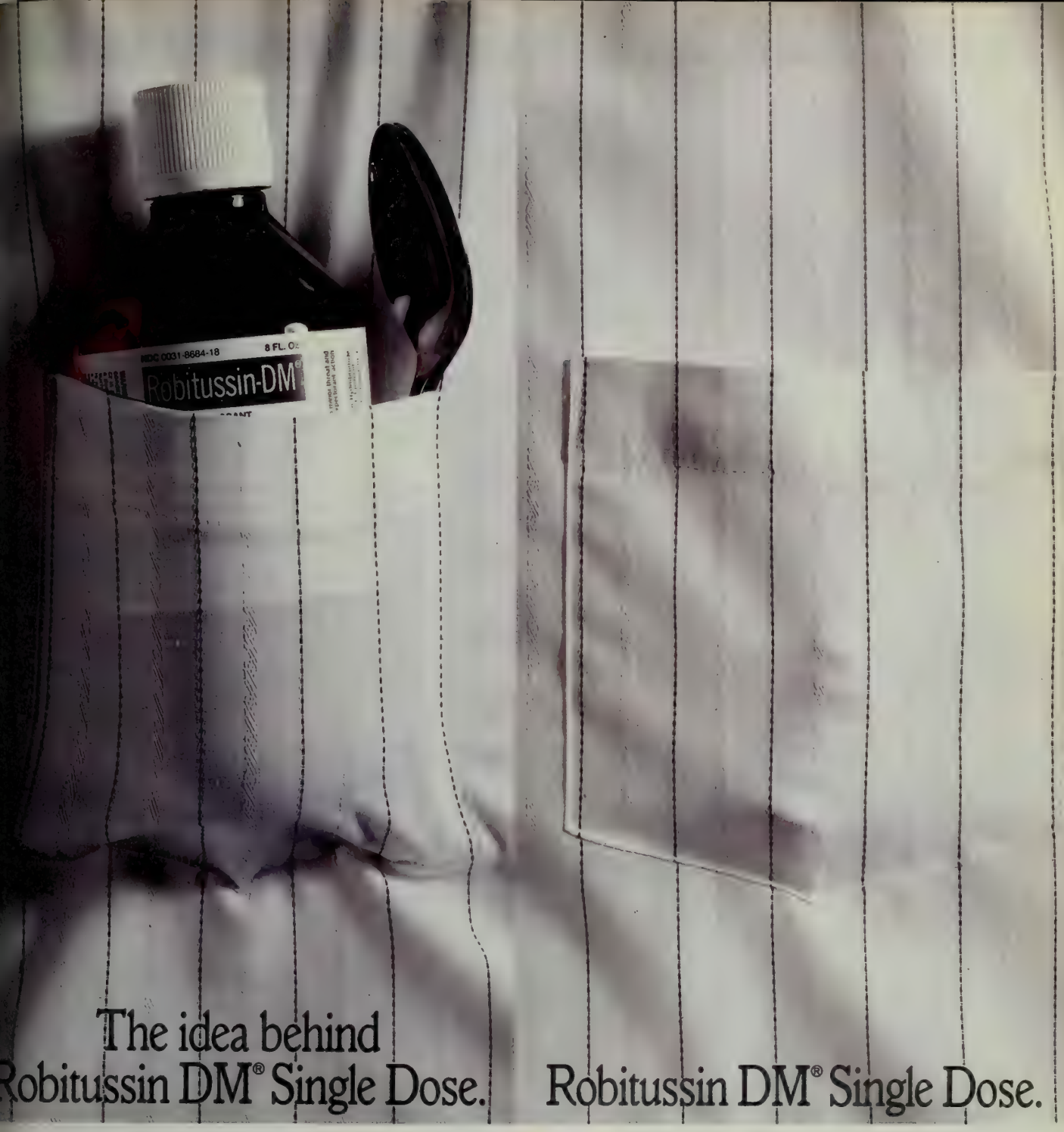
● **Meanwhile, preheat broiler.** Place turkey on the unheated rack of a broiler pan. Brush with the *2 tablespoons* melted margarine or butter. Broil 4 to 5 inches from heat for 4 minutes. Turn; broil turkey 6 to 8 minutes more or till no longer pink, brushing with some of the chutney sauce during the last 2 minutes of broiling.

● **Spoon remaining sauce** over the turkey steaks. (Reserve 4 turkey steaks with sauce and chill up to 48 hours or freeze for Turkey Country Captain recipe; see recipe, *page 116.*)

● **Spoon rice** onto a serving platter. Top with remaining turkey steaks and sauce. Sprinkle almonds over turkey. Garnish with grapes and green onion curls. Makes 4 servings.

Nutrition information per serving: *355 cal., 25 g pro., 43 g carbo., 9 g fat, 59 mg chol., 144 mg sodium, 369 mg potassium, 1 g dietary fiber. U.S. RDA: 12% thiamine, 33% niacin, 15% iron.*

continued on page 116



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continued from page 114

TURKEY COUNTRY CAPTAIN

A homey entrée named after a chicken dish popular along the Carolina coast in colonial days—

- **½ recipe Chutney-Sauced Turkey Tenderloins, with sauce (thawed, if frozen)**
- **2 medium yellow *and/or* green sweet peppers, cut into thin strips (2 cups)**
- **1 medium onion, chopped (½ cup)**
- **1 clove garlic, minced**
- **1 Tbsp. cooking oil**
- **1 14-oz. can peeled Italian-style tomatoes, cut up**
- **1 tsp. curry powder**
- **½ tsp. salt**
- **⅛ to ¼ tsp. ground red pepper**
- **2 cups hot cooked couscous *or* rice**

● **If frozen,** thaw Chutney-Sauced Turkey Tenderloin Steaks overnight in refrigerator, *or* in a 10x6x2-inch microwave-safe baking dish micro-cook frozen turkey with sauce, covered, on 30% power (medium-low) for 7 to 9 minutes, turning dish once.

● **In a large skillet** cook the yellow and/or green peppers, onion, and garlic in hot oil over medium-high heat till vegetables are tender but not brown.

● **Add *undrained* tomatoes,** curry powder, salt, and ground red pepper; cook, uncovered, about 5 minutes or till some of the liquid evaporates. Add thawed turkey tenderloin steaks with sauce. Spoon vegetable mixture over turkey; cover.

● **Reduce heat; simmer** 10 to 12 minutes or till heated through. Serve with hot cooked couscous. Makes 4 servings.

Nutrition information per serving: *388 cal., 27 g pro., 51 g carbo., 9 g fat, 59 mg chol., 662 mg sodium, 679 mg potassium, 8 g dietary fiber. U.S. RDA: 21% vit. A, 108% vit. C, 12% thiamine, 10% riboflavin, 34% niacin, 19% iron.*

Microwave directions: In a 12x7½x2-inch microwave-safe baking dish, micro-cook peppers, onion, garlic, and oil, covered, on 100% power (high) for 5 to 6 minutes or till tender. Stir in *undrained* tomatoes, curry powder, salt, and ground red pepper. Cook, uncovered, on high for 5 minutes. Add thawed turkey tenderloin steaks with sauce. Spoon vegetable mixture over turkey. Cook, covered, on high for 5 to 7 minutes or till heated through, giving the dish a half-turn after 3 minutes. Serve as above.

SOUTH-OF-THE-BORDER SPUDS

Pair these chili-topped potatoes with fresh baked corn mufffins—

- **1 lb. lean ground beef**
- **1 large onion, chopped (1 cup)**
- **1 16-oz. can crushed tomatoes**
- **1 15½-oz. can red kidney beans, drained**
- **1 8-oz. can tomato sauce**
- **2 4-oz. cans diced green chili peppers**
- **1 Tbsp. chili powder**
- **½ tsp. garlic salt**
- **4 medium baking potatoes (6 to 8 oz. each)**
- **4 cups shredded lettuce**
- **1 medium tomato, chopped**
- **¼ cup sliced green onion**
- **1 cup shredded American cheese (4 oz.)**

● **In a large skillet cook** beef and onion till beef is brown and onion is tender. Drain off fat.

● **Stir in** *undrained* crushed tomatoes, kidney beans, tomato sauce, chili peppers, chili powder, and garlic salt. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes. (Reserve 2½ cups of meat mixture and chill up to 48 hours or freeze for Southwestern Heroes recipe.)



● **Meanwhile, scrub potatoes** and prick them several times with a fork. Arrange the potatoes on a microwave-safe plate. Micro-cook, uncovered, on 100% power (high) for 14 to 17 minutes or till tender, rearranging the potatoes once. Let potatoes stand for 5 minutes.

● **Arrange** *1 cup* of the lettuce on *each* of 4 individual plates. Slice potatoes; arrange slices over lettuce, overlapping slices. Spoon the hot meat mixture over potato slices. Top with chopped tomato, sliced green onion, and shredded cheese. Makes 4 servings.

Nutrition information per serving: *386 cal., 24 g pro., 44 g carbo., 14 g fat, 60 mg chol., 1,080 mg sodium, 1,531 mg potassium, 7 g dietary fiber. U.S. RDA: 98% vit. A, 80% vit. C, 21% thiamine, 20% riboflavin, 29% niacin, 24% calcium, 26% iron.*

SOUTHWESTERN HEROES

For a cooling salad to accompany these spicy hot sandwiches toss together orange sections, jicama strips, and sliced celery—

2½ cups meat mixture from South-of-the-Border Spuds recipe
Few drops bottled hot pepper sauce (optional)
4 individual French rolls
1 cup shredded Monterey Jack *or* Cojack cheese (4 oz.)
½ of a 6-oz. container frozen avocado dip, thawed
½ of a 2¼-oz. can sliced pitted ripe olives (optional)

● **In a covered** 1½-quart microwave-safe casserole or covered 1½-quart saucepan reheat frozen or chilled meat mixture till heated through. (See reheating times below.*) Stir in hot pepper sauce.

● **Meanwhile, cut a thin slice** off the top of each roll. Using a fork, lightly scrape and remove some of the bread from each half, leaving a ½- to ¾-inch shell. (Reserve and use another time for bread crumbs.) Broil bread, cut side up, 5 to 6 inches from heat, for 2 to 3 minutes or till lightly browned.

● **Evenly spoon** *one-fourth* of the hot meat mixture over *each* roll on broiler rack. Top meat mixture with cheese. Broil about 1 minute more or till cheese just melts. Transfer sandwiches to serving plates. Spoon avocado dip over each roll. Top with olives. If desired, top with top slice of roll. Makes 4 servings.

***To reheat chilled meat mixture:** In a microwave-safe 1½-quart casserole micro-cook meat mixture, covered, on 100% power (high) about 4 minutes or till mixture is heated through, stirring twice. *Or,* in a covered 1½-quart saucepan cook meat mixture over medium heat about 10 minutes, or till meat mixture is heated through, stirring frequently.

***To reheat frozen meat mixture:** In a 1½-quart microwave-safe casserole micro-cook the meat mixture on 100% power (high) about 10 minutes or till heated through, stirring several times. *Or,* in a covered 1½-quart saucepan cook the meat mixture over medium heat about 20 minutes or till heated through, stirring frequently.

Nutrition information per serving: *534 cal., 31 g pro., 59 g carbo., 19 g fat, 70 mg chol., 1,548 mg sodium, 765 mg potassium, 4 g dietary fiber. U.S. RDA: 103% vit. A, 44% vit. C, 31% thiamine, 28% riboflavin, 32% niacin, 30% calcium, 33% iron.*

Microwave note

All microwave recipes are thoroughly tested in a variety of microwave ovens to determine the best cooking times. The recipes in this issue were tested in high-wattage ovens (600 to 700 watts). Please be aware that timings for low-wattage ovens may be slightly longer to obtain the desired results.



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See Page 122 For Details

PRIZE TESTED RECIPES®

Breakfast Ideas

File under Cakes or Cookies
February, 1990



$100 WINNER *Kate L. Settles, Point Clear, Ala.*

BLUEBERRY-SAUSAGE BREAKFAST CAKE

Kate makes the batter ahead for this savory cake and bakes it in the morning—

- **2 cups all-purpose flour**
- **1 tsp. baking powder**
- **½ tsp. baking soda**
- **½ cup margarine *or* butter**
- **¾ cup sugar**
- **¼ cup packed brown sugar**
- **2 eggs**
- **1 8-oz. container dairy sour cream *or* low-fat sour cream**
- **1 lb. bulk pork sausage, cooked and well drained**
- **1 cup blueberries**
- **½ cup chopped pecans**
- **Blueberry Sauce**

In a medium mixing bowl stir together flour, baking powder, and baking soda; set aside. In a large mixer bowl beat margarine or butter with an electric mixer on medium to high speed till fluffy. Add sugars and beat till combined. Add eggs, one at a time, beating 1 minute after each addition. Add flour mixture and sour cream to egg mixture alternately, beating after each addition just till combined. Fold in sausage and berries. Pour batter into an ungreased 13x9x2-inch baking pan. Spread batter evenly in pan; sprinkle pecans on top. (At this point, you can cover and chill overnight. In the morning, bake as directed.) Bake in a 350° oven for 35 to 40 minutes or till a toothpick comes out clean. Cool on a wire rack. Serve warm with Blueberry Sauce. Chill leftover cake and sauce. Makes 15 servings.

Blueberry Sauce: In a medium saucepan combine ½ cup *sugar* and 2 tablespoons *cornstarch.* Add ½ cup *water* and 2 cups fresh or frozen *blueberries.* Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Stir in ½ teaspoon *lemon juice.* Cool slightly. Makes 2 cups sauce.

Nutrition information per serving: *335 cal., 6 g pro., 40 g carbo., 17 g fat, 55 mg chol.*

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PRIZE TESTED RECIPES®

Super Sandwiches

File under Meat
February, 1990



$100 WINNER *Michelle Gussow, Indianapolis, Ind.*

GRILLED APPLE-CHEDDARWICHES

Attention all grilled cheese lovers. Michelle's version of this favorite sandwich uses cinnamon-raisin bread and crisp apple for a wonderful new flavor—

- **4 slices cinnamon-raisin bread**
- **2 tsp. mayonnaise *or* salad dressing**
- **4 slices (4 oz.) cheddar cheese**
- **1 small red apple, cored and thinly sliced into 8 rings**
- **1 Tbsp. margarine *or* butter, softened**

Spread 2 slices of the bread with the mayonnaise or salad dressing. Layer each slice of bread with one slice of cheese, *half* of the apple slices, and another slice of cheese. Top each layered slice with another slice of bread. Spread outsides of each slice of bread with margarine or butter. Place on a preheated griddle or in a large skillet. Cook over medium-low heat for 6 to 8 minutes or till golden and cheese is melted, turning once. Serve immediately. Makes 2 servings.

Nutrition information per serving: *498 cal., 18 g pro., 41 g carbo., 30 g fat, 63 mg chol., 660 mg sodium, 260 mg potassium, and 3 g dietary fiber. U.S. RDA: 17% vit. A, 17% thiamine, 21% riboflavin, 45% calcium, 12% iron.*





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PRIZE TESTED RECIPES®

Super Sandwiches

File under Meat
February, 1990



$50 WINNER *Sally Vog, Springfield, Oreg.*

SANTA FE SUBS

This sandwich will bring your taste buds to attention. Hot pepper sauce and cilantro, a fresh herb popular in southwestern cooking, add snap to plain "mayo"—

- **⅓ cup mayonnaise *or* salad dressing**
- **¼ cup snipped cilantro**
- **⅛ tsp. garlic powder**
- **Several dashes bottled hot pepper sauce**
- **4 French rolls (7 to 8 inches long)**
- **¾ lb. thinly sliced cooked beef**
- **1 7-oz. jar roasted sweet red peppers, drained**
- **1 4-oz. pkg. Monterey Jack cheese with peppers, thinly sliced**
- **¼ cup sliced green onion**
- **Marinated artichoke hearts, drained (optional)**

For sauce, in a small mixing bowl combine mayonnaise or salad dressing, cilantro, garlic powder, and hot pepper sauce.

Slice tops from rolls; set aside. Scoop out insides of roll bottoms. Spread with *half* of the sauce; top with *half* of the beef, red pepper (you may want to save a few pieces for a garnish), and remaining beef. Place on baking sheet. Cover loosely with foil. Bake in 375° oven 12 to 15 minutes or till hot. Remove foil. Place cheese atop beef. Spread roll tops with remaining sauce; place next to roll bottoms on baking sheet. Bake, uncovered, 4 to 5 minutes more or till cheese begins to melt. To serve, sprinkle green onion over cheese and cap with roll tops; cut in half. Serve with reserved red pepper pieces and artichokes speared with toothpicks. Serves 4.

Nutrition information per serving: *580 cal., 38 g pro., 36 g carbo., 31 g fat, 97 mg chol., 663 mg sodium, 506 mg potassium, and 2 g dietary fiber. U.S. RDA: 43% vit. A, 53% vit. C, 22% thiamine, 25% riboflavin, 27% niacin, 25% calcium, 29% iron.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Breakfast Ideas

File under Cakes or Cookies
February, 1990



$50 WINNER *Mrs. Thomas M. Elbourn, Jamestown, R.I.*

MORNING COOKIES

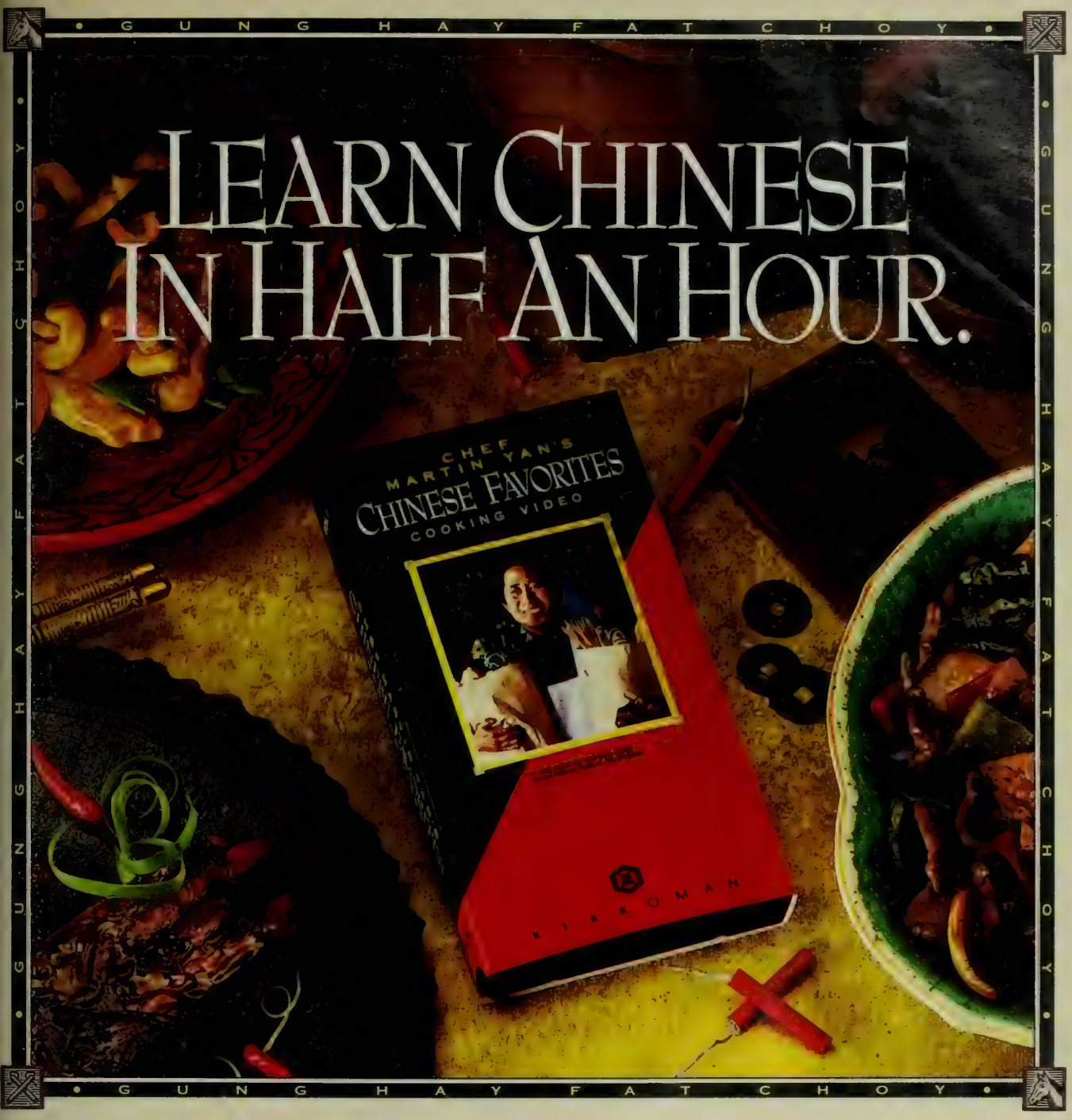
Perfect for busy mornings. Pack these fist-sized goodies in a brown bag breakfast or grab one on the way out the door—

- **¼ cup margarine *or* butter**
- **½ cup packed brown sugar**
- **¾ cup whole wheat flour**
- **¾ cup applesauce**
- **½ cup rolled oats**
- **⅓ cup wheat bran**
- **¼ cup nonfat dry milk powder**
- **1 egg white**
- **½ tsp. baking soda**
- **½ tsp. ground cinnamon**
- **¼ tsp. baking powder**
- **¼ tsp. salt**
- **⅛ to ¼ tsp. ground cloves**
- **½ cup raisins**
- **¼ cup chopped walnuts**
- **½ cup soft-style cream cheese *or* peanut butter**

In a mixer bowl beat margarine or butter and brown sugar with an electric mixer till well combined. Add whole wheat flour, applesauce, oats, bran, milk powder, egg white, soda, cinnamon, baking powder, salt, and cloves. Beat on low speed just till combined. Stir in raisins and nuts. Spray a baking sheet with *nonstick spray coating.* Drop rounded tablespoons of dough, 2 to 3 inches apart, onto baking sheet. Spread dough so each cookie is about 2 inches across. Bake in a 375° oven 10 minutes or till set. Cool on a wire rack. Spread bottoms of *half* of the cooled cookies with *1 tablespoon* cream cheese or peanut butter; top with remaining unfrosted cookies. Chill till serving or wrap and freeze. If frozen, let thaw in refrigerator overnight. Makes 8 sandwich cookies.

Nutrition information per cookie: *275 cal., 6 g pro., 39 g carbo., 12 g fat, 1 mg chol.,*

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WINNING IDEAS TO GET YOU STARTED FOR THIS MONTH'S CATEGORIES

Pasta Favorites

- **Spinach linguine, fusilli, or shell macaroni** topped with a savory fast-to fix sauce
- **Family-style pasta salads** you can pull together quickly or make ahead and let marinate
- **Lasagnas and casseroles** layered with early fall vegetables
- **Stuffed pasta** with unusual fillings

Any-Time Snacks

- **After-school treats** kids can make
- **Quick and simple** microwave snacks
- **Totable goodies,** great for tailgates and coffee breaks
- **Nutritious nibbles** to keep your munching healthful

WINNERS IN THIS ISSUE (pages 119 and 120)

$100 Winners

Michelle Gussow
Indianapolis, Ind.
Kate L. Settles
Point Clear, Ala.

$50 Winners

Mrs. Thomas M. Elbourn
Jamestown, R.I.
Sally Vog
Springfield, Oreg.

Honor Roll Winners

Jeanette Atwood, Oklahoma City, Okla.; Joseph A. Divita, Tonawanda, N.Y.; Teresa Ramsey, Spindale, N.C.; Louise Romaker, Royal, Ark.; Kathy Schwin, Marengo, Iowa; Mrs. Melba Sirois, Melbourne, Fla.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "September Pasta Favorites" or "September Any-Time Snacks."
2. Specify brand names of foods you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and your hometown in any manner for as long as we wish.
5. Postmark all entries by midnight, February 28, 1990. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address recipes you enter to "September Pasta Favorites" or "September Any-Time Snacks," 9009 Food Department, Better Homes and Gardens, Des Moines, IA 50336.
8. All entry materials become the property of Meredith Corporation.

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How would you like to win $200? It's easy. Just send your original recipes to our monthly *Better Homes and Gardens*® Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Then, it's up to us to kitchen-test and taste the entries and choose the winners.

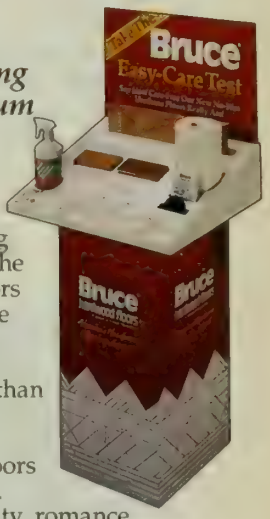
Seven months later, we feature the four top recipes on the Prize Tested Recipes pages. Along with their prize money, all winners receive a framed certificate and six copies of their recipe.

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Shown is Bruce Sterling Prestige Plank: C-730 Natural Kitchen cabinets are IXL Imperial Cherry by Triangle Pacific.

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MICROWAVE FUDGE

EASY, ELEGANT CANDY IN MINUTES

Whip up this rich fudge in just minutes in the microwave! Add Irish creme liqueur for flavor and mashed potato for creaminess.

IRISH CREME FUDGE

Use a pastry bag to pipe the icing, or just drizzle with a spoon over the candy—

- **1 small potato (about 5 ounces)**
- **3 tablespoons Irish creme liqueur**
- **2 squares (2 ounces) unsweetened chocolate**
- **3 tablespoons margarine *or* butter**
- **1 pound powdered sugar, unsifted (3¼ cups)**
- **36 walnut pieces**
- **1 recipe Designer Icing**

Line an 8x8x2-inch pan with foil, extending foil over the edges of the pan. Butter foil; set pan aside. Prick potato 2 to 3 times with a fork. Micro-cook on 100% power (high) for 4 to 5 minutes, turning once. Cool and peel. Mash potato (you should have ⅓ cup). Stir in liqueur and mix till smooth. Set aside.



SCOTT LITTLE

A perfect gift for that special someone!

In a 2-quart microwave-safe dish cook chocolate and margarine or butter on high 1 to 2 minutes or till almost melted, stirring once. Stir till smooth. Mix in potato mixture; slowly add powdered sugar. Stir or knead till smooth. Press into pan. Score into thirty-six 1¼-inch squares. Press *one* walnut into each square. Chill. Remove from pan; cut into squares. Drizzle Designer Icing over fudge. Makes 36 pieces.

Designer Icing: In a small microwave-safe bowl micro-cook 1 tablespoon *margarine* or *butter* on high 45 to 60 seconds or till melted. Beat in ⅓ cup sifted *powdered sugar* and enough *Irish creme liqueur* (1 to 2 tablespoons) to make of piping or drizzling consistency.

Nutrition information per piece: *86 cal., 16 g carb., 3 g fat, 15 mg sodium, and 41 mg potassium.*



Seven of these peaches aren't good enough for S&W.

At first glance, each peach looks perfect. But to the experienced eye of an S&W buyer, there are subtle differences. One peach, for example, has a slight blemish near the stem. (It's nearly invisible, but it's there.) There's a small soft spot on another. The color of a third isn't quite uniform. And so on.

The fact is, there's only one peach in the picture that has nearly perfect size, color, and texture. It happens to be the second from the left. So it's the only one that has a chance of being selected for S&W.

But only a chance. Because the final test comes after the peach is sliced and ready for canning. That's when our buyers take another careful look. Judging the color for just the right shade of orange-gold. Measuring the firmness. Making sure the pieces are uniform and unbroken. Out of every season's peach crop, only a few can survive this rigorous selection process. And only those few will ever appear at your store with the S&W label.

Naturally, we're just as fussy about all the other fruits we sell. Like our Bartlett pears, apricots, mandarin

THE BEST. ALL THE TIME

ZESTY CAJUN-STYLE CORN

A FRESH IDEA FOR JAZZY MEALS

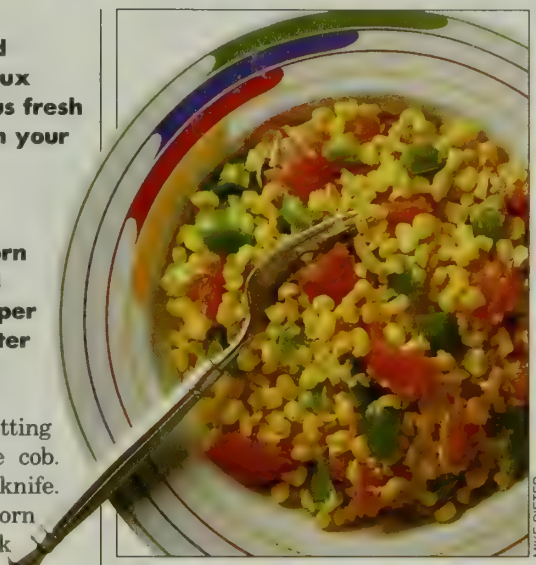
Sweet, slightly saucy, and somewhat crisp, Maque Choux (MOCK shoo) makes delicious fresh corn even better. Try it with your next grilled dinner.

MAQUE CHOUX

8 medium fresh ears of corn
1 medium onion, chopped
½ cup chopped green pepper
2 Tbsp. margarine *or* butter
1 medium tomato, cut up
¼ tsp. ground red pepper

Remove corn from cob, cutting two-thirds of the way to the cob. Scrape cob with dull edge of a knife. You should have about *4 cups* corn total. In a 3-quart saucepan cook onion and green pepper in margarine or butter about 5 minutes or till tender. Stir in corn, tomato, red pepper, ¼ teaspoon *salt,* and ¼ teaspoon *pepper.* Cover and cook over low about 20 minutes or till corn is tender. Season to taste. Makes 6 side-dish servings.

Nutrition information per serving: *134 cal., 4 g pro., 22 g carbo., 5 g fat, 0 mg chol., 151 mg sodium, 360 mg potassium, 4 g dietary fiber.*

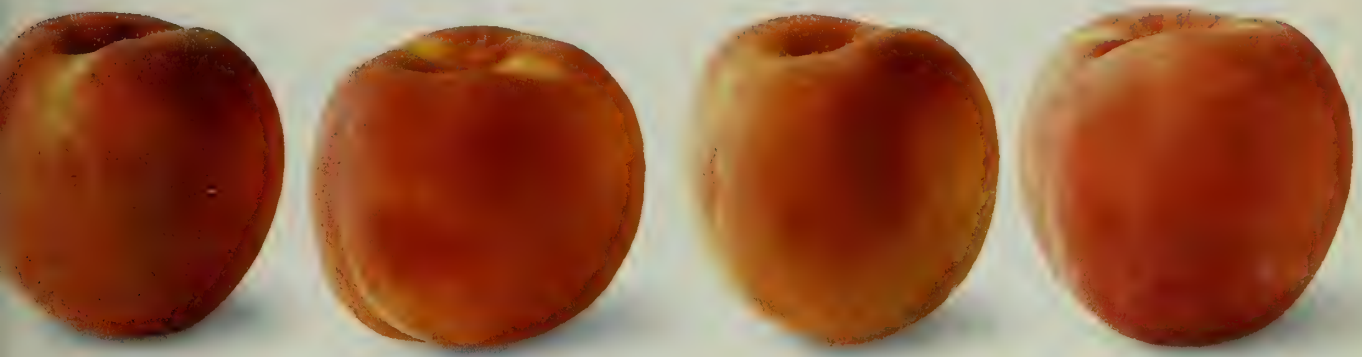


MIKE DIETER

Cajuns adore this fresh corn side dish.

WHAT MAQUE CHOUX IS

When Cajuns talk about Maque Choux they're referring to this smothered corn side dish. In Cajun country, smothering means sautéing with onions.



Can you find the one that is?

ranges and fruit cocktail. And our Natural Style fruits, ightly sweetened and packed in their own fresh juice. (They're an original S&W idea.)

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SEW-SENSIBLE STYLE

A CATCHALL SEWING ROOM GETS ORGANIZED

Hemmed in by clutter that's stifling your artistic streak? Take a cue from this pretty-and-practical sewing room; it wraps up work space and stylish storage in one hardworking room.

SEW ESSENTIAL

All too often the sewing machine, like other crafts and hobby paraphernalia, is relegated to afterthought space, impossibly skimpy on storage and elbowroom. Only high-function design can mend your sewing center's inefficient ways. Take it from the creator of this airy, country-flavored work space, a veteran seamstress who delights in making everything from her family's Christmas decorations to her daughter's wedding dress. She began with the basics: an ample cutting table, storage, ironing equipment, and good lighting. Then, she packed the space with personality and perks.

NEW WORK ETHIC

Topped with a sweep of easy-care laminate, the multipurpose L-shape work center is the sewer's step-and time-saver.

● **Side-by-side sewing.** A conventional sewing machine and a serging machine (which handles long, straight seams) sit side by side on the roomy counter, always ready for a quick switch in stitching.

● **A real cutup.** Backing up to the sewing machine counter to complete the L is a 30×78-inch table for measuring fabrics and cutting patterns.



PHOTOGRAPHS: HUY NMAN, DESIGN: MARTI STRAUB, EJ STRAUB CONSTRUCTION, REGIONAL EDITOR: SCHEDI & ASSOCIATES



▲ **Storage, work surfaces, equipment, and style are all stitched together smartly in this sewing room.**

◀ **Tucked into a storage wall, an ironing center speeds projects along. Drawers and doors hide clutter.**

● **Stylish stower.** Beneath the table, an old document chest holds odds and ends for instant access.

● **Light for sight.** Adjustable track and countertop task lighting handle all the detail work. Then, new skylights add natural rays. The panes point east to keep this sunny space cool on summer afternoons.

TAILORED STORAGE

A wall of handsome storage conquers the inevitable sewing-room clutter. The custom-built cabinetry also offers a host of handy surprises, such as a well-stocked ironing center. A flip-down ironing board—complete with sleeve board—hides in one section, outfitted with spotlighting and a shelf for sprays and, of course, the iron. Next door, deep drawers handle yards of fabric, while layers of shallow drawers house the requisite rows of threads, bobbins, needles, and pins.

STITCHED-UP STYLE

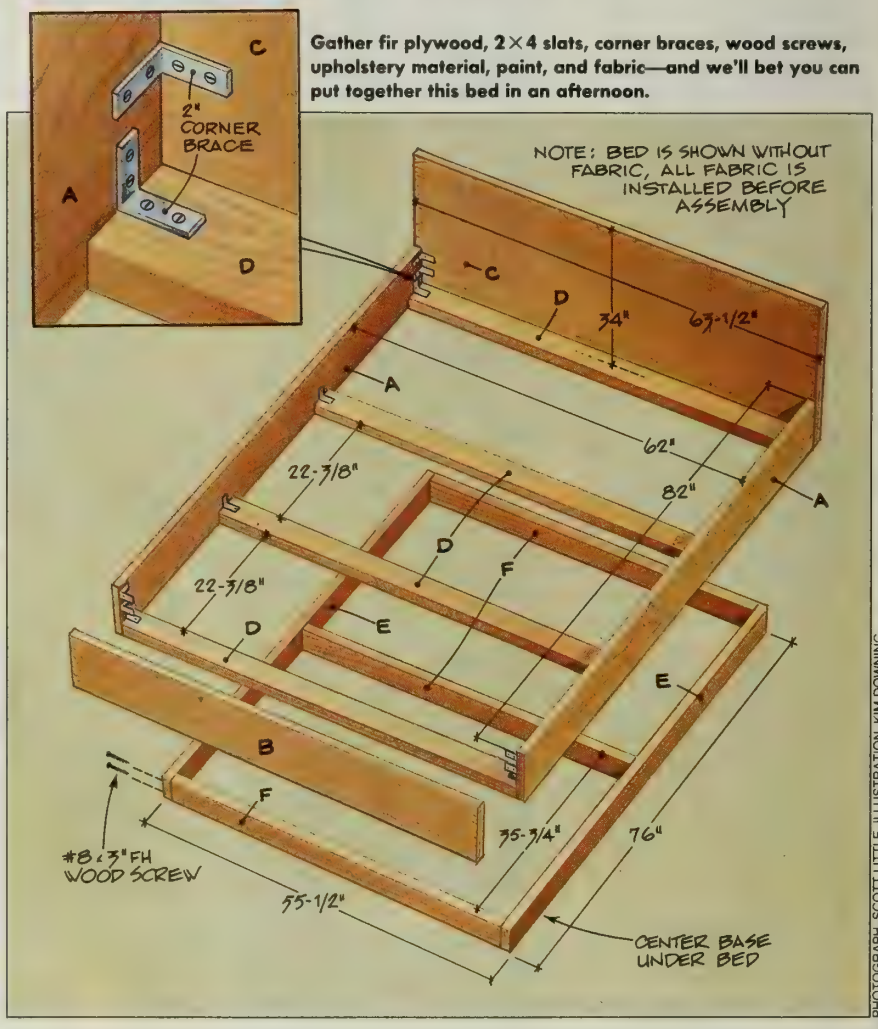
As efficient as it is, this cozy sewing center is anything but utilitarian in style. Creamy white on the soaring ceiling, trim, cabinetry, and countertop contrasts crisply with mellow wood flooring and deep-blue, upholstered walls. It's no coincidence that the soft wall treatment (fabric stitched over quilt batting) makes an ever-ready, oversize pincushion. A menagerie of friendly stuffed animals and even the tools of the sewer's trade, such as a sheaf of yardsticks in the corner, make smile-prompting accents.

BUILD-IT-YOURSELF PLATFORM BED

If you like the looks—but not the price—of a custom-upholstered platform bed, build one yourself! Here are the easy-to-follow steps.



It's easier than you think to make a bed.



Gather fir plywood, 2×4 slats, corner braces, wood screws, upholstery material, paint, and fabric—and we'll bet you can put together this bed in an afternoon.

PHOTOGRAPH SCOTT LITTLE, ILLUSTRATION KIM DOWNING

HOW TO MEASURE

The inside dimensions of the unpadded frame should be 2 inches larger all around than the dimensions of your mattress. The height of the frame should be 4 inches higher than the box spring. The frame sits on a 3-inch-high base that's recessed from the outside edges of the frame 3 to 4 inches. Our dimensions (*right*) fit a queen-size bed.

BUILDING THE FRAME AND BASE

First, cut the two side panels (A), end panel (B), and headboard (C) from ¾-inch fir plywood. Using 2-inch corner braces, fasten the headboard and end panel to the side panels. With a carpenter's square, make sure the panels are square (see detail, *above right*). Then, cut four 2×4 slats (D) to fit snugly between the side panels and serve as bed slats; fasten in place with corner braces. Figure the base measurements, and cut 2×4s to size for base parts E and F. Drill pilot holes and join the base pieces with 8×3-inch flathead wood screws.

Remove the corner braces and sand each piece. Paint the base to match upholstery fabric. If you prefer, paint and assemble the frame at this point; upholstery is optional.

UPHOLSTERING THE FRAME

Staple fabric directly to the frame for a tailored look, or add padding for softness. To upholster the frame, take these steps before assembling:

Cut 1-inch-thick foam 3 inches wider and longer than panels (A) and (B). Tautly wrap the foam over the top and bottom edges of the panels and staple to the inside. To smooth the surface, wrap a piece of polyester batting over the padded panels; staple it in place.

To pad the headboard (C), cut the foam 2 inches wider and longer than the board. Stretch the foam, miter the corners, and staple it in place. Cover the headboard with polyester batting.

Cut your fabric several inches longer and wider than the panels. Stretch the fabric over the padded surface, miter the corners, and staple it to the inside surface of the panels. To cover the headboard, wrap and staple the fabric to the side that will face the wall.

ASSEMBLING THE BED

Join all panels and the headboard with the corner braces. Space the slats evenly between the headboard and end panel and secure in place. Place the assembled frame on top of the base. Screw the slats to the base.



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TERRIFIC KIDS' ROOMS

STURDY BUILT-INS FOR STOW OR SHOW

BY TOM JACKSON



Champ's problem: where to keep keepsakes.

Adam Ring needed hardworking built-ins to handle his growing collection of trophies.

SHIPSHAPE BED ALCOVE

The new bed alcove includes shelving at one end for Adam's favorite books and mementos. Deep drawers underneath hold bulky sports equipment. A six-drawer bureau hugs the adjoining wall. Blank space framed by the built-ins creates display areas.

BUILT-INS

Adam's study desk has two pencil drawers, plus a deep drawer that could become a file drawer when Adam is older. Nearby is a freestanding chest with a hinged lid and slatted bottom. It serves as a ventilated footlocker for Adam's basketballs, soccer balls, and baseball mitts.

To order Project Plan No. 50478 for the bed, desk, chair, and toy box, send check or money order for $8.95 to: Better Homes and Gardens® Reader Service, Department 23L, Box 374, Des Moines, IA 50336.



PHOTOGRAPHS: ARX PHOTOGRAPHY FURNITURE DESIGN: MAX DURNEY

The bed alcove shares window openings with a compact desk on the outside wall. Matching desk chair with storage drawer and a roomy chest complete the ensemble.



REGIONAL EDITOR: HELEN HEITKAMP

Wide shelves at one end of Adam's bed alcove help organize his books and a growing collection of trophies. A low-slung bureau hugs the wall nearby.

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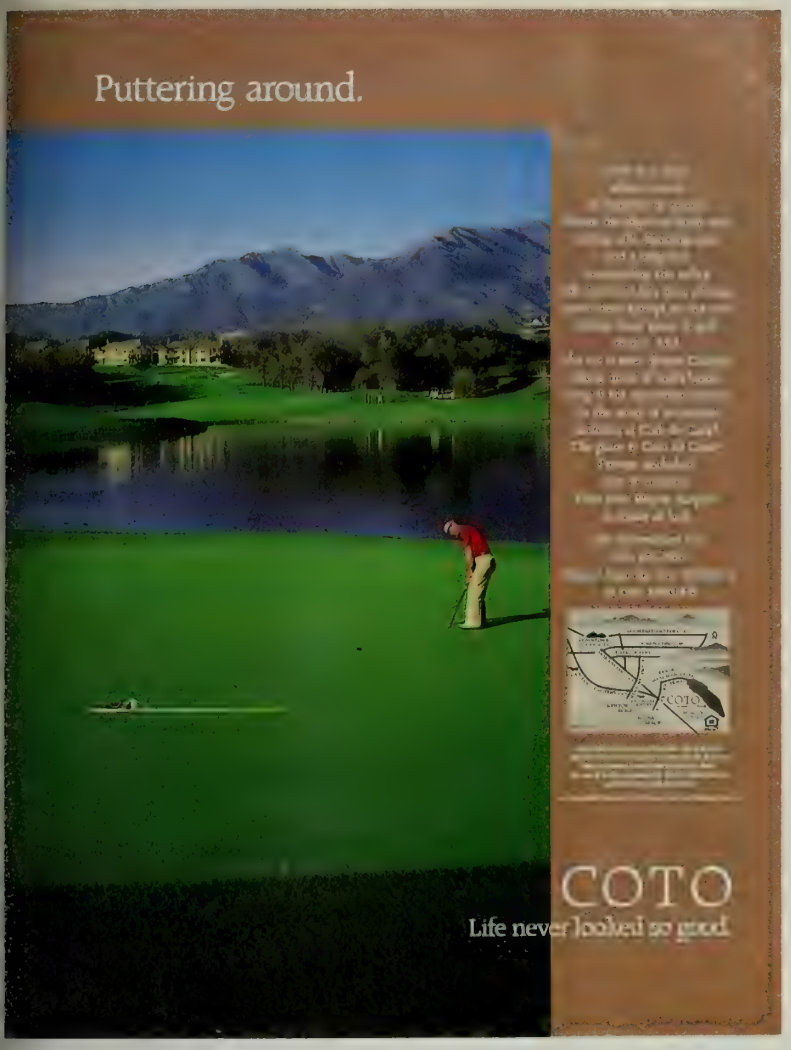
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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens® can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

BEST HOUSES COAST TO COAST FOR $150,000

Pages 52–53: Garage door—Overhead Door Corp., 6750 LBJ Freeway, Dallas, TX 75240. **Glass roof**—Four Seasons Solar Product Corp., 5005 Veterans Memorial Highway, Holbrook, NY 11741. **Windows and skylight**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Windows**—Andersen Corp. (address above). **Coffee table**—The Lane Company, Inc., P.O. Box 151, Altavista, GA 24517. **Fireplace**—Majestic Company, 1000 E. Market St., Huntington, IN 46750. **Sofa and chair**—Scandinavian Design, 1701 Sherman, Evanston, IL 60201. **Pillow fabric**—Expressions, 1751 28th St., West Des Moines, IA 50265. **Glass roof**—Four Seasons Solar Product Corp. (address above). **Floor tile**—Endicott Tile Ltd., P.O. Box 645, Fairbury, NE 68352. **Table**—Workbench Modern Furniture, 470 Park Ave. S, New York, NY 10016.

Page 58: Brick—Acme Brick, 4102 Dawson Rd., Tulsa, OK 74115. **Siding**—Masonite Corp., One S. Wacker Dr., Chicago, IL 60606. **Windows**—Bilt-Best, 175 10th, St. Geneva, MO 63670. **Roof**—GAF Building Materials Corporation, 1361 Alps Rd., Wayne, NJ 07470. **Paint**—Devoe Paint Company, 4000 DuPont Circle, Louisville, KY 40207. **Striped chair and ottomon**—Clyde Pearson Company, 1420 Progress St., High Point, NC 27261. **Lighting**—Halo Lighting, Division of Cooper Industries, 400 Busse Rd., Elk Grove Village, IL 60007. **Oak floor**—J. Anderson Flooring Co., 2539 E. 22nd Place, Tulsa, OK 74114. **Oven, convection oven, triple cooktop**—Jenn-Air Corporation, Division of Maytag Corporation, 3035 Shadeland Ave., Indianapolis, IN 46226. **Faucet, sink**—Delta Faucet Company, P.O. Box 31, Greensburg, IN 47240. **Ceramic tile**—Walker Zanger, 1832 S. Brand Blvd., Glendale, CA 91204., **Dishwasher**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392. **Refrigerator**—General Electric, Appliance Park, Louisville, KY 40225. **Refrigerated wine keeper**—Admiral, Division of Magic Chef, Inc., 1701 E. Woodland Rd., Schaumburg, IL 60172. **Windows and French doors**—Bilt-Best (address above). **Paint**—Devoe Paint Company (address above). **Pine table and chairs**—Silk Degrees (address above). **Oak floor**—J. Anderson Flooring Company (address above). **Hanging and recessed lights**—Halo Lighting (address above).

Page 63: Paint on trim—Pittsburgh Paints, 1 Gateway Center, Pittsburgh, PA 15227. **Windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. (***Top right***): **Floor**—Bruce Hardwood Floors, 16803 Dallas Parkway, Dallas, TX 75248. (***Bottom right***): **Floor tile**—Boston Tile Co. of Rhode Island, 1112 Jefferson Blvd., Warwick, RI 02886. **Bar stools**—Classico Ltd., 21 E. Riverside Dr., Peru, IN 46970. **Stove**—Caloric, 403 N. Main St., Topton, PA 19562-1499. **Microwave**—Sharp Corporation, Sharp Plaza, Mahwah, NJ 07430. **Cabinets**—Wood-Mode Cabinetry, Kreamer, PA 17833. **Refrigerator**—Amana Refrigeration Co., Amana, IA 53302. **Countertop**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Fireplace**—Marco Manufacturing Inc., 2520 Industry Way, Lynwood, CA 90262.

Page 68: Roof—CertainTeed, P.O. Box 860, Valley Forge, PA 19482. **Paint on trim**—Porter Paints, 801 S. 3rd St., Louisville, KY 40203. **Carpet on stairs**—Caladium Carpets, P.O. Box 2310, Rome, GA 30164-2310. **Hardwood floor**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Paint**—Porter Paints (address above). **Lamps**—Shoal Creek, 1401 Commerce Boulevard, Greenbriar Industrial Park, Anniston, AL 36201. **Fabric on French country chair**—Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, MA 02048. **Fabric for large, solid pillows**—Pierre Deux Fabrics, 870 Madison Ave., New York, NY 10021. **Fabric for small pillow**—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016-7878. **Ceiling light and fan fixture**—Concord Lighting, 9945 Pioneer Rd., Santa Fe Springs, CA 90670. **Coffee table**—Lancaster Furniture, 5855 Cunningham, Houston, TX 77041. **Carpet**—Caladium Carpets (address above).

Page 71: Sofa and ottoman—Regal Furniture Manufacturing Co., 12530 Yukon Ave., Hawthorne, CA 90250. **Fabric for sofa and ottoman**—Indeco, 9035 Venice Blvd., Los Angeles, CA 90034. **Coffee table**—Dennis Pelton Design, 1933 S. Broadway, Los Angeles, CA 90007.

Page 73: Roof—Owens-Corning Fiberglas Corp., Fiberglas Tower, Toledo, OH 43659. **Semitransparent siding stain and trim stain**—Olympic Stain Co., 2233 112th, NE, Bellevue, WA 98008. **Windows**—Semling-Menke Co., Inc., P.O. Box 378, Merrill, WI 54452. **Front door**—Therma-Tru, P.O. Box 7404, 2806 N. Reynolds, Rd., Toledo, OH 43615. **Mounted lights**—Thomas Lighting, 1700 Gilbert St., Hopkinsville, KY 42240. (***Bottom***): **Hanging light and wall fixtures**—Thomas Lighting (address above). **Dining room furniture**—Bassett Furniture Co., Bassett, VA 24055. **Carpet**—Philadelphia Carpet Company, Carterville, GA 30120. **Paint**, "Bone"—Benjamin Moore Company, 51 Chestnut Ridge Rd., Montvale, NJ 07645.

KITCHENS WITH STYLE

Page 78 (*top left*): French door and window—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Ceramic wall tile and wainscotting**—American Olean Tile Company, 1000 Cannon

continued on page 124

Home cooked.



Serving suggestion. Rice optional.



Country Style Chicken

*New Lipton® Family Favorites make home cooking as easy as your microwave. Just add your own fresh meat for delicious homestyle dishes in about 30 minutes.**

**Preparation time varies by variety.*



Hearty Beef Stew



Barbecue Style Chicken

One step, no clean-up. Complete sauce & seasonings mix and microwave cooking bag.

continued from page 123

Ave., Lansdale, PA 19446. **Cabinet hardware**—Baldwin Hardware Corp., P.O. Box 82, 841 Wyomissing Blvd., Reading, PA 19603. **(*Bottom*): Window**—Marvin Windows (address above). **Ceramic tile**—American Olean Tile Co. (address above).
Page 79: French door and windows—Marvin Windows (address above). **Cooktop**—Chambers Corp., Div. of KitchenAid, Old Taylor Rd., Oxford, MS 38655. **Refrigerator**—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022. **Dishwasher**—Maytag Co., 1 Dependability Square, Newton, IA 50208. **Faucet**—Chicago Faucet Co., 2100 S. Nuclear Dr., Des Plaines, IL 60016. **Ceramic tile**—American Olean Tile Co. (address above).

5119 District Blvd., Los Angeles, CA 90040. **Laminate**—Formica Corp., 155 Route 46 W, CN-980, Wayne, NJ 07474-0980. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711. **Dishwasher, instant hot water dispenser, trash compactor**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392.
Pages 82–83: Cabinets—Designs in Wood, 475 Baltic St., Brooklyn, NY 11203. **Skylight and shade**—Pella Windows and Doors, 100 Main St., Pella, IA 50219. **Center island chop block**—J.D. Brauner, 298 Bowery, New York, NY 10013. **Sink and faucet**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **French doors**—The Atrium Door and Window Corp., P.O. Box 226957, Dallas, TX

bed, table lamps, blue/white throw pillows—Laura Ashley, 744 Madison Ave., New York, NY 10021; 1-800/223-6917. **Lingerie chest**—Sears, Dept. 703, BSC 40-16, Sears Tower, Chicago, IL 60604, 1-800/255-3000. **Rocker**—Shaker Workshops, P.O. Box 1028, Concord, MA 01742. **TV**—Sony Corp. of America, 9 W. 57th St., New York, NY 10019. **Matisse poster**—Poster Originals, Ltd., 330 Hudson St., New York, NY 10013.
Pages 86–87: Armoire—Drexel Heritage, Drexel, NC 28619. **Lamp**—The Stiffel Co., 700 N. Kingsbury, Chicago, IL 60610. **Quilt,** "Grandmother's Fan"—Amish Country Collectibles, R #5, Sunset Valley Rd., New Castle, PA 16105. **Eyelet linens,** "Beacon Hill," Wamsutta®—Wamsutta/Pacific

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Pages 80–81: Track lighting—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Cabinets**—Old Style Cabinet Works, 321 NW. Glisan, Portland, OR 97209. **Cabinet hardware**—Jado Bathroom and Hardware Mfg. Corp., P.O. Box 1329, Camarillo, CA 93011. **Bar stools**—MTS Seating, 1244 W. Dean Rd., Temperance, MI 48182. **Kitchen and island sinks**—Franke, Inc., P.O. Box 428, Hatfield, PA 19440. **Island sink faucet,** "Arwa"—Familian NW Super Bath, 10185 SW. Beaverton Hwy., Portland, OR 97005. **Kitchen sink faucet**—Western States Mfg. Corp., 1559 Sunland Way, Costa Mesa, CA 92626. **Microwave oven**—Amana Refrigeration Inc., Amana, IA 52204. **Window**—Pozzi Window Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend, OR 97708. **Cooktop**—Thermador/Waste King,

I75222. **Dishwasher, range, oven and microwave**—Sears, Roebuck & Co., Sears Tower, 233 S. Wacker Dr., Chicago, IL 60684. **Table and chairs**—Conrans, 160 E. 54th St., New York, NY 10022. **(*Bottom right*): Cabinets**—Designs in Wood (address above). **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711.
YOUR OWN LITTLE CORNER OF THE WORLD
Pages 84–85: Linens, "Rose Garden" Eileen West—Utica, 1185 Ave. of the Americas, New York, NY 10036. **Nightstand**—Conran's, 4 South Middlesex Ave., Cranbury, NJ 08512; 1-800/8CONRAN. **Wicker trunk, throw**—J.C. Penney Co., P.O. Box 659000, Lincoln Center 3, 7th Flr., Dallas, TX 75265-9000; 1-800/222-6161. **Bed**—Sawmill Furniture Co., P.O. Box 511, Selmer, TN 38375. **Linens on**

Home Products, Dept. BHG, 1285 Ave. of the Americas, New York, NY 10019.
Pages 88–89: Bed linens, Esprit—WestPoint Pepperell, 1221 Ave. of the Americas, New York, NY 10020. **Chair,** "Martha Washington"—The Clyde Pearson Co., 1420 Progress St., High Point, NC 27260. **Cherub plaque**—Ballard Designs, Inc., 2148-J Hills Ave., Atlanta, GA 30318. **Mirror**—Stanley Furniture Co.—J.C. Penney Co. (address above).
Pages 90–91: Bed linens, "Martha's Garden" Martha Stewart Design, Cannon Mills, Monticello—K Mart, 3100 W. Big Beaver Rd., Troy, MI 48084. **Lingerie chest**—Ballard Designs (address above). **Wallpaper**—Brunschwig & Fils, Inc., 75 Virginia Rd., North White Plains, NY 10603. **Chaise**—Sam Moore Furniture Ind., P.O. Box 339, Bedford, VA 24523.

CHOCOLATE!
Pages 96–97: Mugs, "Irish Coffee"—Iittala, Inc., P.O. Box 463, Elmsford, NY 10523. **Lace heart ribbon**—Especially Lace, 202 Fifth Street, West Des Moines, IA 50265.
TWICE AS NICE
Page 105 (*top*): Blue and white bowl—Bybee Pottery, Waco, KY 40385. **Knife**—Georgian House (Korea), stainless. **(*Bottom left*): Cast iron trivet**—Chantry/Victor, P.O. Box 3039, Clearwater, FL 34630.
Page 106 (*bottom*): Turqoise plate—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **(*Top right*): Soup bowl,** "Minto" by Arzberg–Hutschenreuther Corporation, 41 Madison Avenue, New York, NY 10010. **Turqoise-handled soup spoon,** "Country Color"—Oneida Ltd., Oneida, NY 13421.
Page 107 (*top*): Plate, "Ditto"—Dansk International Designs Ltd., Mount Kisco, NY 10549. **Fork and knife,** "Fortuny"—Yamazaki Tableware, Inc., 150 North Street, Teterboro, NJ 07680. **(*Bottom right*): Plate and bowl,** "Metropolis Black"—Sasaki, 41 Madison Avenue, New York, NY 10010. **Fork,** "Windows"—Sasaki (address above).
Page 108 (*bottom*): Blue platter—The Hall China Co., East Liverpool, OH 43920. **Leaf-shaped dish**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Serving spoon,** "Eclat"—Jean Couzon, 5 E. 57th St., 7th Floor, New York, NY 10022-2553. **(*Top right*): Glass,** "Duralex"—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.
Page 109 (*top*): Swizzle sticks—Pier 1 Imports P.O. Box 961020, Fort Worth, TX 76161-0020.
PRIZE TESTED RECIPES®
Page 119 (*left*): Plate, "Agate"—Bennington Pottery, 324 County Road, Bennington, VT 05201-0199. **(*Right*): Plate,** "Calypso"—Function Junction, 237 W. 47th Street, Kansas City, MO 64112.

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OF ARCHITECTS, DESIGNERS

BEST HOUSES COAST TO COAST FOR $150,000
Pages 52–53: Architect—Walker Metzger Architects, P.C., 3706 Ingersoll, Des Moines, IA 50312.
Page 58: Architect—Alan Madewell, AIA, Architecture and Interior Design, 6600 S. Yale, Suite 510, Tulsa, OK 74136. **Landscape designer**—Clare Ashby, ASLA, 5550 S. Lewis, Tulsa, OK 74105. **Builder**—Andy Mahoney, J. Anderson Properties, 2539 E. 22nd Place, Tulsa, OK 74114.
Page 60: Builder/developer—Arvida, 1200 Weston Road, Fort Lauderdale, FL 33326. **Architect**—Art Danielian, Danielian Associates, 60 Corporate Park, Irvine, CA 92714.
Page 63: Architects—Glenn R. Gardiner & Patrick M. Zampetti, AIA, The Newport Collaborative, 14 Pelham Street, Newport, RI 02840. **Builder**—Kindu Construction Company, 101 E. Main Road, Little Compton, RI 02837. **Tile consultant**—Designs Unlimited, 1015 Aquidneck Avenue, Middletown, RI 02840.
Page 68: Interior designer—Sally Grinnell, Merchandising Concepts, 5108 Overlook, Rosewell, GA 30075. **Interior designer**—Kathy Andrews, Merchandising Concepts (address above.) **Designer/builder**—The Drees Homes Company, 5600 Glenridge Drive, No. 145, Atlanta, GA 30342.
Page 71: Architect—William R. Pauli, AIA, 4766 Park Granada Blvd., Calabasas, CA 91302. **Interior designer**—Barbara Brenner & Associates, 23546 Park Belmonte, Calabasas, CA 91302. **Housing developer**—Michael Rabin, The Anden Group, 16461 Sherman Way, Van Nuys, CA 91406.
Page 73: Builder—Borror Corporation, Dominion Homes, 5501 Frantz Road, Dublin, OH 43017. **Interior designer**—Carey Kullberg, Carey Interior Design, P.O. Box 21333, Columbus, OH 43221.
KITCHENS WITH STYLE
Pages 78–79: Designer—Kathleen McCormick, 6325 Fay Ave., La Jolla, CA 92037.
Pages 80–81: Architect—Carter Case Architect, 133 SW. Second Ave., Portland, OR 97204. **Interior designer**—Marlene Dutcher, Dutcher Designs, 5440 SW. Westgate Dr., Suite 150, Portland, OR 97221. **Builder**—Dick West Construction, 305 SE. 6th, Portland, OR 97214. Furniture Industries, P.O. Box 339, Bedford, VA 24523.
Pages 82–83: Designer—Loreen Sviatyla Chin, 12 Hillandale Dr., Armonk, NY 10504.
YOUR OWN LITTLE CORNER OF THE WORLD
Pages 84–91: Virginia Burney Designs, 2669 SE. Andover, Portland, OR 97201.

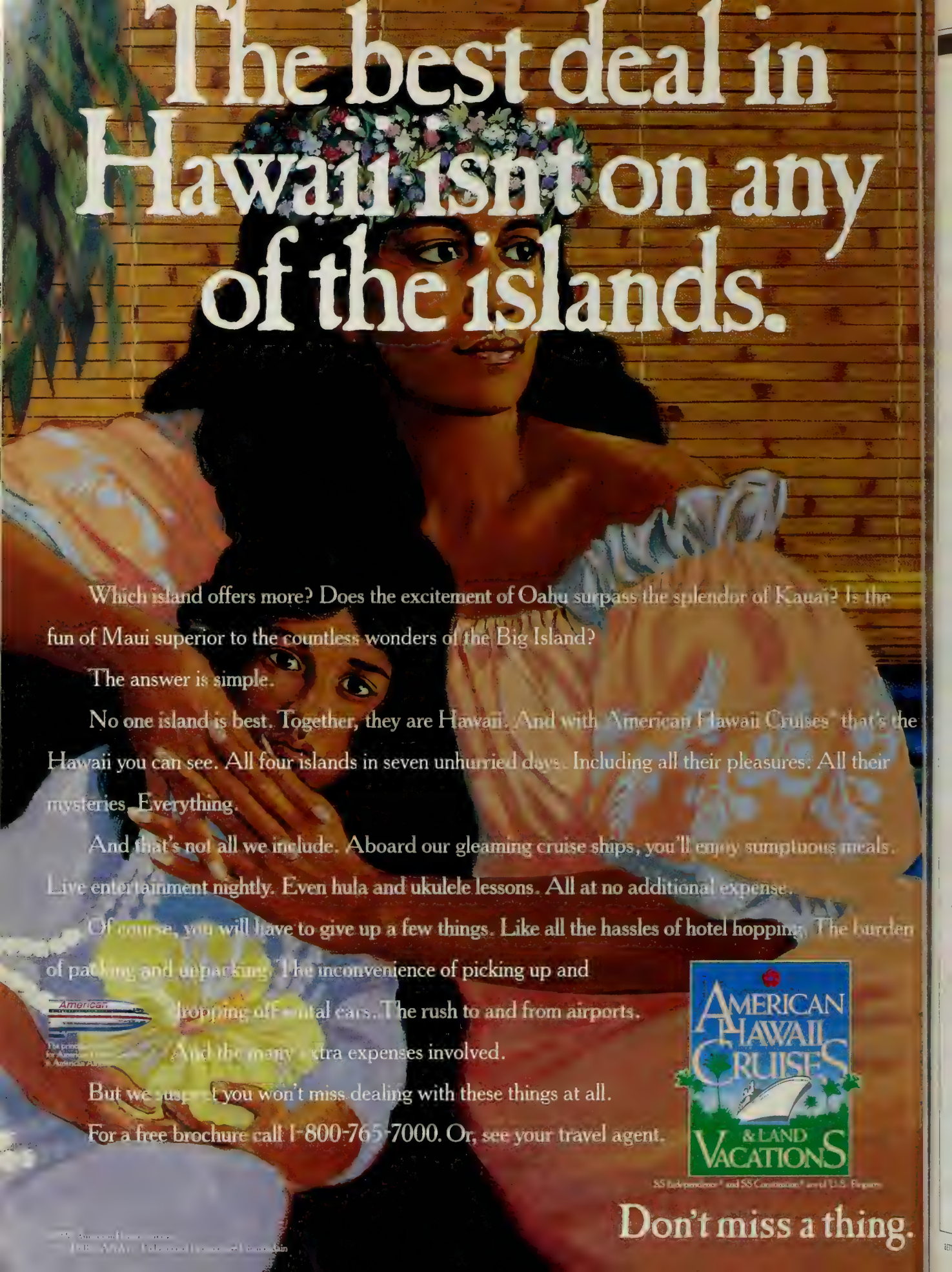


Idaho.

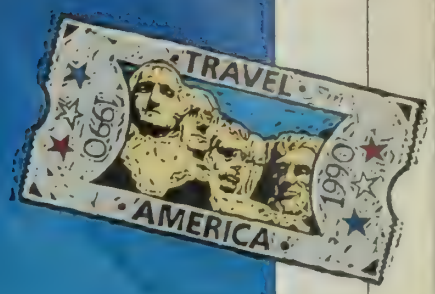
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The best deal in Hawaii isn't on any of the islands.
Which island offers more? Does the excitement of Oahu surpass the splendor of Kauai? Is the fun of Maui superior to the countless wonders of the Big Island?
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No one island is best. Together, they are Hawaii. And with American Hawaii Cruises® that's the Hawaii you can see. All four islands in seven unhurried days. Including all their pleasures. All their mysteries. Everything.
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FAMILY CRUISES FROM AMERICA'S COASTS



HERE ARE THE 10 BEST FAMILY CRUISE LINES WITH SPECIAL PROGRAMS FOR CHILDREN

ROYAL CARIBBEAN CRUISE LINE

BY CANDYCE H. STAPEN, Ph.D.

Family cruises are growing in popularity because they offer that rarest of vacations—one in which parents and grandparents can relax and be pampered, yet the kids are never bored.

It has never been easier, or more fun, for families to sail into the sunset. Cruise ships are famous for their magnificent meals and exotic ports of call. Besides fitness centers, nightclubs, and casinos, many ships also offer nurseries, supervised children's programs, and teen discos.

Cruising sails you away from the anxiety of hidden costs. Because the price tag includes food, meals, lodging, and entertainment, the trip is easy to budget. The only extras are shore tours, shopping, and tips.

Not all cruises are the same, however. Use our special tip sections and the descriptions of what each line offers to help you choose the best cruise for your family.

Prices vary from a basic three-night Bahamian trip for $400 per person to a deluxe week-long trip to the Caribbean valued at more than $5,000. Normally, you will save substantially on fares for third and fourth passengers, whether children or adults, sharing the same cabin. Check with a travel agent or the cruise lines for costs and itineraries.

continued on page 128

CHILDREN'S PROGRAMS

- ***How to choose a family cruise*** Ask these questions to make sure the cruise you select has what you need.
- **Frequency.** Is the kids' program on every sailing, or only during the summer and Easter and Christmas holidays? Is a minimum number needed?
- **Hours.** Are activities scheduled continuously throughout the day? What can children do in the evening?
- **Ages.** Which ages are included?
- **Groupings.** Will preschoolers be separated from teens?
- **Facilities.** Do youngsters have a designated gathering place?
- **In-port activities.** Will the program run when the ship is docked?
- **Children's shore tours.** What shore tours are there just for kids?
- **Other amenities.** Can you reserve a high chair, booster seat, or crib?

continued from page 127

CUNARD CRUISES

Cunard's majestic *Queen Elizabeth 2* sails to Canada, Bermuda, and the Caribbean, as well as around Hawaii. Every voyage features supervised children's programs, 8 a.m.–6 p.m. There's a nursery for infants to 2 years, a playroom for ages 2 to 12, and a 24-hour teen center. A counselor organizes activities during school holidays. The centers are open in port, but there are no special kids' tours.

Two- to 12-year-olds on the Cunard *Princess* and Cunard *Countess* enjoy their own events during summer and Christmas, 9 a.m.–noon and 2–5:30 p.m. Select from cruises to the Caribbean, the Canary Islands, and the Mediterranean. There are no youth centers or kids' tours and few port activities.

Cunard Line Ltd., 555 Fifth Ave., Dept. BHG, New York, NY 10017; 212/661-7777, 800/221-4770.



KLOSTER CRUISE LIMITED/NORWEGIAN CRUISE LINE

Tropical turtles enchant kids on Grand Cayman.

Special shore adventures just for children include hunting for treasure and walking up a waterfall.

NORWEGIAN CRUISE LINE

The *Norway* should be your family's first choice for cruises on NCL, with the *Seaward* a close second. Both ships offer children's programs on every sailing. Kids enjoy planned activities, 9 a.m.–noon, 1:30–5 p.m., and 7:30–10 p.m., although hours may vary. The *Skyward, Starward, Sunward,* and *Southward* provide kids' events during the summer and Easter, Thanksgiving, and Christmas holidays. The *Norway's* playroom is closed in port. Kids can go on special tours to Jamaica's Dunn's River Falls in Ocho Rios and the Turtle Farm on Grand Cayman, and hunt for treasure on Great Stirrup Cay. A minimum number of participants is required.

With enough teens, NCL hosts splash parties, carnival and reggae nights, and movies. Older teens and adults like special golf, tennis, and ski cruises, and all ships offer snorkeling. During SuperSport outings, fans can play with baseball, hockey, basketball, or football stars.

NCL sails to the Caribbean and to the Bahamas and along California's coast to Catalina Island and San Diego. ***Norwegian Cruise Line, 95 Merrick Way, Dept. BHG, Coral Gables, FL 33134; 305/447-9660, 800/327-7030.***

COSTA CRUISES

The whole family will get a kick out of the Italian mood aboard the *CarlaCosta* and *CostaRiviera.* Caribbean cruises feature children's programs (except in port) during summer and major school holidays, 9 a.m.–10:15 p.m., for ages 4 to 8, 9 to 12, and teens. Special kids' tours include Coral World in St. Thomas and the Seaquarium in Curacao.

Costa Cruises, World Trade Center, 80 SW. 8th St., Dept. BHG, Miami, FL 33130; phone 305/358-7325, 800/462-6782.

10 MONEY-SAVING TIPS

1. **Share a cabin.** You pay full fare for the first two passengers in a cabin, but the third and fourth—children or adults—cruise for up to 70 percent less. Beware: Discounted rates often don't include airfare.
2. **Check for single-parent rates.**
3. **Join a group.** Alumni, retirement, and professional organizations often have discounted cruise bookings. Or, create your own group. You can get the 16th ticket free with 15 full-price fares.
4. **Book early.** You could save hundreds of dollars. If rates drop, the line will generally reimburse you.
5. **Research air fares.** Consider special promotions or frequent-flyer bonuses. Bargain hunting is especially important for third and fourth passengers.
6. **Choose a less expensive cabin.** Berths that are inside and lower save you money while higher priced rooms—outside on upper decks—sway the most at sea. Midship is best for those prone to seasickness.
7. **Try a shorter cruise.** Opt for three or five days.
8. **Consider a less expensive line or ship.**
9. **Sail the value season.** You can normally save 10 to 15 percent.
10. **Book with a volume cruise agency.** For example, South Florida Cruises advertises savings of $300 to $1,500 per cabin. ***5352 NW. 35th Ave., Dept. BHG, Ft. Lauderdale, FL 33309; 305/764-0663, 800/327-SHIP.*** According to Cruise Line, Inc., it cuts $600 to $1,200 per cabin. ***260 NE. 17th Ter., Suite 201, Dept. BHG, Miami, FL 33132; 305/372-2830, 800/777-0707.***



Mickey and Minnie sail right along with kids on Premier.

©1989 THE WALT DISNEY CO./PREMIER CRUISE LINES

PREMIER CRUISE LINES

Premier gives your family something none of the other lines can: the wonderful world of Disney. When you buy a three- or four-day sea package, Premier Cruise Lines throws in the rest of the week at Walt Disney World—complete with hotel, rental car, and a visit to NASA's Spaceport USA, plus three days' admission to the Magic Kingdom, Epcot Center, and the Disney-MGM Studios Theme Park. You decide whether you sail or sightsee first.

Cruises to Nassau aboard the Star/Ships *Atlantic* and *Oceanic* feature a day at the out island, Salt Cay, where *Gilligan's Island* exteriors were filmed. The scene is the stuff of fantasy: palm trees, white sand, and a blue lagoon. Enjoy your castaway day swimming, snorkeling, or lazing in a hammock.

On the Star/Ship *Majestic,* you'll journey to four ports of the Abacos Islands, the northernmost out island of the Bahamas. Fish off Treasure Cay, stroll through Green Turtle Cay's village, watch boatbuilding on Man-O-War Cay, and party on Great Guana Cay's beach.

Other Premier bonuses include programs for children aged 2 to 4, 5 to 7, 8 to 12, and 13 to 17, continuously except for meals, 9 a.m.–10 p.m. Kids' port activities start at noon. The *Oceanic* also offers five-berth cabins.

Premier's drawbacks—lines, sometimes ordinary food, and an often noisy dining room—are more than compensated for by its good ports and excellent prices. Cost for the cruise and Disney week ranges from $695 to $1,295 per person, double occupancy, with third and fourth passengers costing $345 to $415. In certain cabin categories a single parent can bring a child for the third- and fourth-person fare. Senior citizens receive a 10-percent discount.

Contact: ***Premier Cruise Lines, Challenger Rd., Dept. BHG, Cape Canaveral, FL 32930; 407/783-5061, 800/327-7113.***



BARRY WINIKER/THE CRUISE SHIP PROJECT

Be as active or as laid-back as you please on a cruise.

AMERICAN HAWAII CRUISES

Full-time youth counselors oversee children's programs for ages 4 to 12 and 13 to 17 on summer, Easter, and Christmas cruises, 8:30 a.m.–11 p.m, except for meals. Other sailings require a minimum of 12 kids. Children's centers are open in port. Although no special shore excursions are offered for kids, they get a discount on tours.

Counselors treat children with care. Youngsters learn to hula and go on scavenger hunts. The SS *Independence* has a Youth Center, but the single large room may confuse little ones.

For information: ***American Hawaii Cruises, 550 Kearny St., Dept. BHG, San Francisco, CA 94108; 415/392-9400, 800/227-3666.***

continued on page 130

SHORE-TOUR TIPS

- **Resist the first-night-out push to book tours immediately.** Because you must pay up front for nonrefundable tickets, reserve only limited-capacity excursions.
- **Be wary of driving tours.** Check whether you will visit places on the itinerary, or just view them in passing.
- **Forgo expensive packaged tours.** Often, ships dock within an easy walk or inexpensive cab ride to town and the main sights. Research the island ahead of time, then explore at your own pace.
- **Negotiate with a cab driver for a personal tour.** Set up the stops you want to visit while on shore.
- **Consider renting a car in Hawaii.** Compare prices to learn whether it costs less to rent a car than to pay tour fees for the entire family. Caution: Cars are in demand, so book early.

continued from page 129

CARNIVAL CRUISE LINES

Carnival's affordable, lively cruises go to the Bahamas, the Caribbean, and Mexico. Every Carnival ship on every sailing provides children's programs for ages 4 to 12 and 13 to 18, continuously from 9 a.m.–10 p.m. Kids make friends and take part in activities in the designated children's room aboard each ship. Programs operate in port, but there are no special children's tours.

Carnival Cruise Lines, 5225 NW. 87th Ave., Dept. BHG/Sales, Miami, FL 33178; phone 305/599-2600, 800/377-7373.

CHANDRIS CRUISES

Chandris is one of the few lines with family cruises to Bermuda. The number and ages of kids onboard dictate the children's program, but it normally is offered during the summer and Easter and Christmas holidays. Children on some ships must meet at various places for noncontinuous activities, 9 a.m.–5 p.m., and are not escorted from one to another. Babysitting is available.

The *Victoria* and *Azur* provide playrooms, as will the *Meridian* and *Horizon,* two luxury ships soon to be launched as Chandris Celebrity Cruises. The *Horizon* will also boast a teen center.

Besides Bermuda, Chandris ships sail to Mexico and the Caribbean. ***Chandris Celebrity and Fantasy Cruises, 900 Third Ave., Dept BHG, New York, NY 10022; 800/621-3446.***

ROYAL CARIBBEAN CRUISE LINE

Sovereign of the Seas wins this line's crown for king of the family cruises. Kids, ages 6 to 12 and 13 to 17, are royally entertained on every sailing. The *Nordic Prince, Song of America, Song of Norway,* and *Sun Viking* offer programs during the summer and Easter and Christmas holidays, 9 a.m. –noon, 2–6 p.m., and 8:30–10 p.m.

Sovereign of the Seas has a children's center, but the others don't. All provide afternoon activities while in port, plus kids' tours to such spots as Coral World.

RCCL ships sail to Bermuda, the Caribbean, and Europe. ***Royal Caribbean Cruise Line, 903 South America Way, Dept. BHG, Miami, FL 33132; 305/379-2601.***

Look for playrooms, teen centers, counselors, and evening activities in a good family cruise.



ADMIRAL CRUISES

A visit to the bridge highlights the cruise for youngsters.

PRINCESS CRUISES

The *Fair Princess, Sky Princess, Dawn Princess,* and *Star Princess* provide some of the best children's programs on the seas, appropriately broken into several age groups and staffed with attentive counselors. Activities are scheduled for kids from 13 months to 17 years, 9 a.m. to midnight, on every sailing on all four ships. Each features a children's center. The *Star Princess* includes a separate nursery, toddler crawling area, play area, video arcade, and teen room.

The *Island, Pacific, Royal,* and *Sea Princesses* hold programs only with 15 or more children, 2 years and older, 9–11:45 a.m., 2–5 p.m., and 8:15–9:30 p.m.

Throughout the Princess line, children's programs operate when the ships are in port, but there are no special children's shore excursions. The *Star Princess,* launched in the spring of 1989, offers families luxury cruising—televisions in cabins, a three-story atrium, and a well-equipped fitness center.

Check with Princess for itineraries to Alaska, the Caribbean, and Mexico. ***Princess Cruises, 10100 Santa Monica Blvd., Suite 1800, Dept. BHG, Los Angeles, CA 90067; 213/553-1666, 800/421-0522.***

ADMIRAL CRUISES

Kids aged 4 to 16 take part in Admiral's special programs during the summer as well as during Easter and Christmas holidays. Hours and activities depend on the number of children onboard.

Ships lack youth centers, there are no activities when in port, and special shore excursions aren't offered for children. Although not lavish, Admiral's programs provide a good value.

Admiral sails to Mexico, the Bahamas, and Alaska. ***Admiral Cruises, 1220 Biscayne Blvd., Dept. BHG, Miami, FL 33101; 305/374-1611, 800/327-0271.***

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If your goal is to build the highest quality cars and trucks in the world—you don't do it any other way.

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Our goal is to build the highest quality cars and trucks in the world.℠

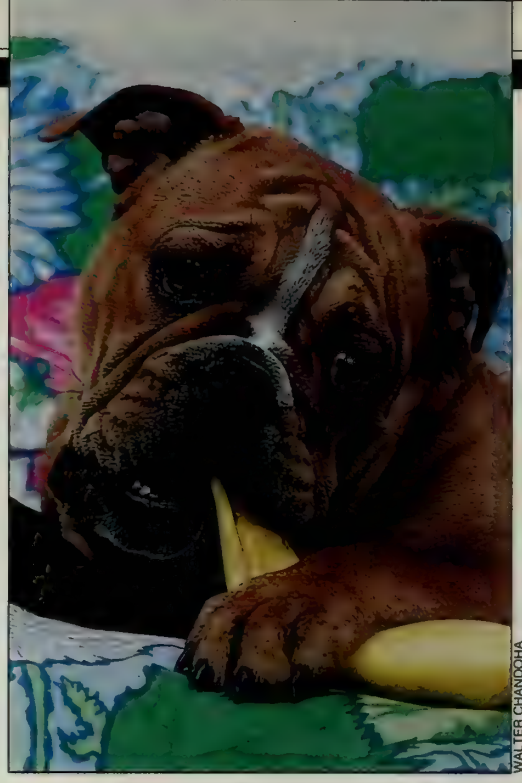
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FORD MOTOR COMPANY

Buckle up—together we can save lives.

PETS JUST WANNA HAVE FUN

And Choosing the Right Toy Contributes to a Happy, Healthy Animal

BY CANDYCE H. STAPEN, Ph.D.



WALTER CHANDOHA

You feel good when you give your dog or cat a toy, and so does your pet. That interaction alone is worth the minor cost of most toys, according to Dr. Bonnie Beaver, a veterinarian and professor of small-animal medicine and surgery at Texas A&M University.

When Rover runs after the Frisbee and Sasha swats the string you're dangling, you're building bonds. But creating rapport is only one of the benefits of pet playthings.

EXERCISE PROMOTES HEALTH

A lively game of fetch-the-ball or jump-for-the-jiggling-fish adds much-needed exercise to your dog or cat's often sedentary, housebound routine.

Exercise extends to jaw muscles, too. Dr. Walter Burghardt, a veterinarian in Coral Springs, Florida, and president-elect of the American Veterinary Society of Animal Behavior, explains, "When dogs were wild, they used their teeth quite a bit for crushing prey. Chew toys maintain the health and integrity of the jaw muscles and help prevent periodontal disease in dogs and cavities in cats."

Some of Burghardt's suggestions for toys that promote good dental health include hard chew items made of rubber, nylon, and rawhide, as well as products like Nylafloss, a chew toy that acts like dental floss for doggies.

TOYS CORRECT BEHAVIOR PROBLEMS

With a well-chosen toy, you can help train your pet to stop destructive chewing or other negative behavior by giving the animal an appropriate outlet. To quell Rover's fondness for munching your sofa or Sasha's penchant for clawing drapes, try a chew toy for him and a well-placed scratching post for her.

You can calm a rambunctious dog by having it chase a ball repeatedly, advises veterinarian Katherine Houpt, director of the Behavior Clinic at Cornell University's New York State College of Veterinary Medicine. To train a cat not to attack ankles, she suggests that you divert its attention to a hanging toy. "Redirect its natural predatory behavior to that toy."

PLAY WITH YOUR PET

Once you've chosen the right toy, teach your pet how to have fun with it. Don't place a new ball on the floor in front of Rover and expect him to wag his tail in gratitude. Instead, bounce the ball or roll it. Toss it in the air for him to catch. If Rover still doesn't show interest, you might smear some food on the ball.

Expect an adjustment period. "A piece of plastic lying around the woods is not a natural toy for an animal," Beaver cautions. "If the bone were associated with a carcass, that would be different." You must convince your pet to play with a toy. Some will do this right away while others are more cautious.

TIPS FOR PICKING PET TOYS

- **Select a toy as you would for a child.** Choose something your pet can't chew up or swallow, because it might choke. Make sure the toy is nontoxic and large enough so Rover can't destroy it easily.
- **Think carefully about what materials you want your pet to chew.** "If your dog chews on your wooden rocker, get it a hard toy like a Nylabone, but not a wooden toy," says behavior consultant Burghardt. "If the animal chews paper, try a softer squeak toy."
- **Don't give a cat thread or yarn it can swallow.** If you play with a toy on a string, make sure you put it away when you're done.
- **Don't hand down old sneakers or balls.** Animals can't tell the difference between your beat-up shoes and your good boots. Giving them castoffs could encourage destructive behavior.
- **Don't buy children's toys.** They could have metal parts inappropriate for animals or might be constructed of material easily destroyed, then swallowed, by your pet. BH&G

YOUR PET'S TOY BOX

Dr. Walter Burghardt, director of the Behavior Clinic for Animals, suggests the following basic toys.

- *Dogs:* One or two each: chase toys such as a ball or Frisbee, hard chewing toys such as a Nylabone or rawhide bone, and soft squeaky toys.
- *Cats:* An item to chase such as a wind-up toy or ball, a moving toy that you can drag along the ground on a string, a hanging toy the cat can bat around, a chew toy, a scratching post, and, if you like, a catnip-stuffed toy.

Fat Dog?

☐ No.

Are you sure? Many dogs are overweight. And many dog owners don't even know it.

Test your dog. With your thumbs on his backbone, put both hands on his ribcage. If you can't easily feel his ribs, he probably needs to shed a few pounds.

Purina®Fit&Trim®brand Adult Dog Food has 15% fewer calories, 1/3 less fat and 1/3 less salt than the leading brand. It can help make sure you're never looking at a pudgy pooch.



☐ Yes.

Purina Fit & Trim can help.

Cutting back on fat and calories is important. Because an overweight dog can be a higher risk for heart disease, skeletal stress and diabetes.

Your veterinarian can tell you more.

Whether you have a pudgy Poodle or a husky Husky, Purina Fit & Trim could be the right answer.



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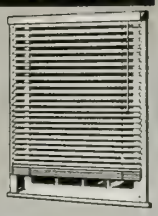
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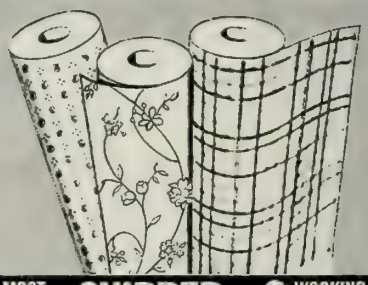


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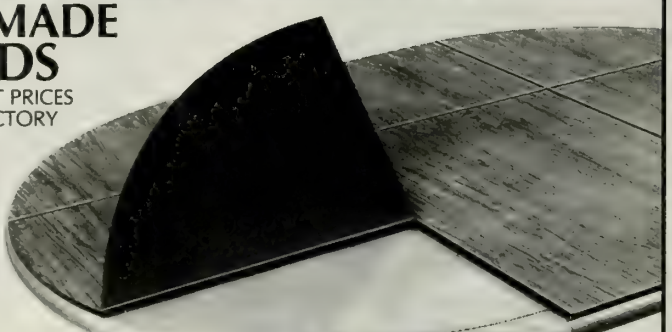
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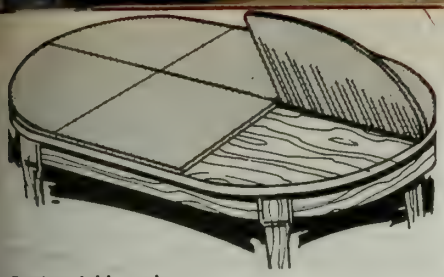
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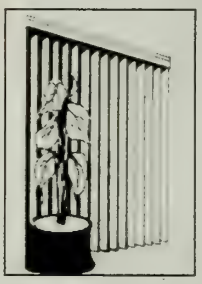


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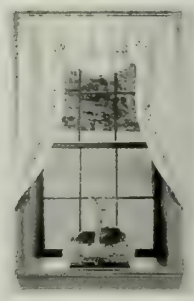
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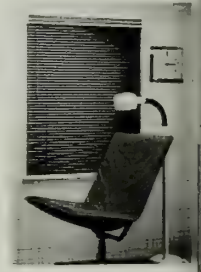


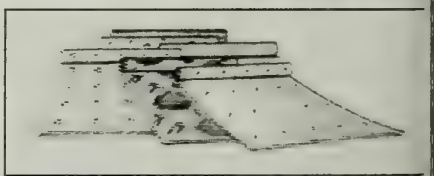
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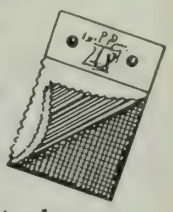
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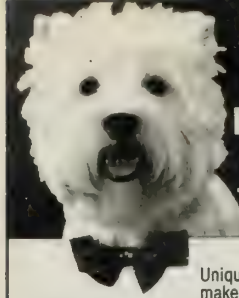
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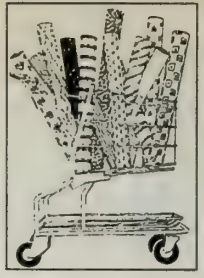
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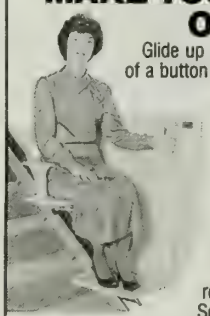


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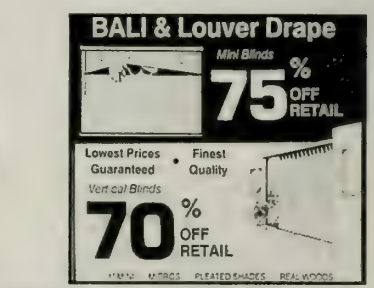
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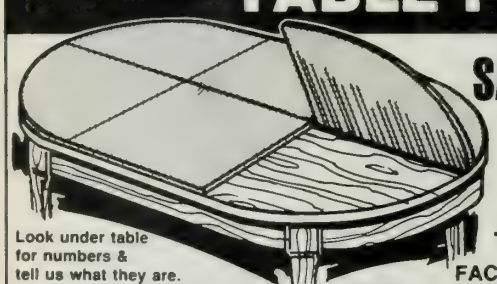


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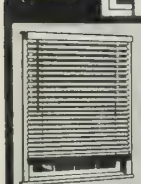
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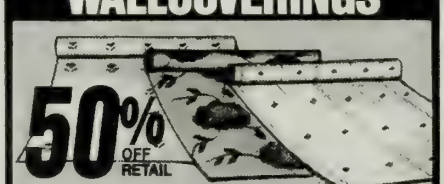
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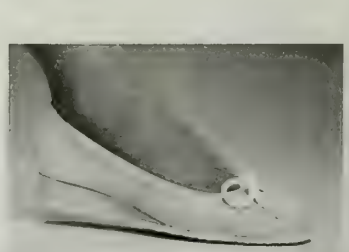
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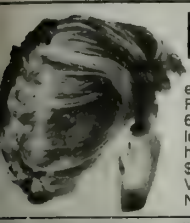
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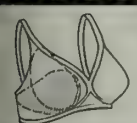


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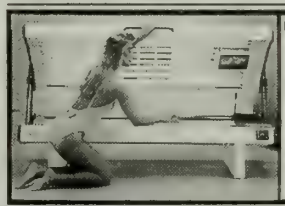
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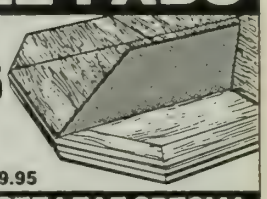

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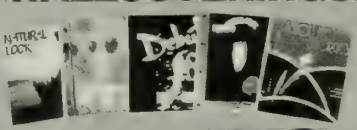
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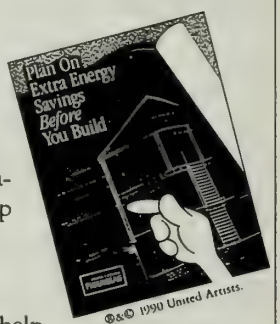
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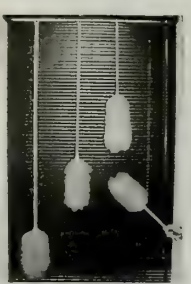
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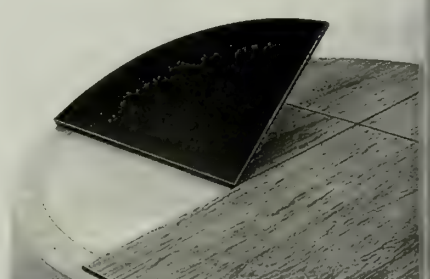


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■ Liz Randall, mother of five, says her tribe of kids was into recycling long before it became popular. "Except," she laughs, "we called it hand-me-downs."

■ Ned Carter, grumpy as always, refuses to see movie sequels. "They ought to get it right the first time," he growls.

■ The Rev. George Hall believes that some people count their blessings in strange ways: six-packs, doubleheaders, par fours, daily doubles, five irons, eight balls, and threes of a kind.

■ Elaine Cowen, recently returned from a weekend cruise, says she ate five wonderful meals a day. "Now I know why they say travel is broadening."

■ Representative Nick Hanfli says he's surprised that no government committee has been set up to investigate George Washington's role in the cherry tree incident.

■ Christine has propounded her own law of physics: A rolling coin seeks the deepest darkness under the nearest piece of furniture.

■ Experience convinces me that the supply of an object is in inverse proportion to the urgency of my need for it.

■ "My real estate sales really picked up," Chris says, "when I realized that I was selling homes rather than houses."



"Honey, I got the lid off the bottle of aspirin."



"The verdict should be guilty or not guilty. There's no provision for guiltyish."

■ After the kids chided me for suggesting they use chemicals on our driveway ice, I told them I would find a nonpolluting ice remover. Their faces fell when I handed them two shovels.

■ It's a sign of the times: The label on our bottled water proclaims that it contains no cholesterol.

■ Doc Hannelly says that, for some complaints, he makes patients wait a week for their appointment. "By that time," he notes, "most of them have gotten better on their own."

■ I suspect we'd all get through the winter in better shape if we made it illegal to publish wind chill factors.

■ Editor Earl Reeves says he refuses to run those racy perfume ads in the newspaper. "If my readers want to see half-naked bodies writhing in ecstacy," he says, "they can always turn on the television."

■ It sometimes seems that the greatest luxury in America these days is plain and simple contentment.

■ "My history teacher is turning me into an artist," Burt, Jr., reports with a sly grin. "Every time she asks me a question, I draw a blank."

Tom Hawkins proudly showed us his new home computer last night. It's an elaborate setup with a color monitor, hard disc, printer, and a modem so he can link up with the office.

The entire system is housed in a lovingly refurbished antique rolltop desk. "It's the same desk my grandfather used in his law practice," Tom explained.

We were all generous in complimenting Tom on how enthusiastically he's made himself at home in the modern world of computers and technology. We also marveled at the way he customized the desk to house the equipment.

It strikes me that there may be some kind of statement in Tom's home computer center. Most of us do meet the challenge of the changes that have come our way in the last few years. But, as Tom's reverence for his grandfather's desk shows, we don't have to discard the values and traditions of the past. With a little thought and planning, old and new can coexist—and even improve upon each other.

Burton Hillis

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March

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2 tbsp. dry bread crumbs

MICROWAVE: In 2-qt. microwave-safe casserole, combine soup and milk; stir in noodles, peas, pimento and tuna. Cover; microwave on HIGH 9 min. or until hot, stirring twice during heating. Meanwhile, in small saucepan, in hot butter, stir bread crumbs until lightly browned. Sprinkle over noodle mixture. 4 servings.

CONVENTIONAL: Prepare as above using 1½-qt. casserole. Bake at 400°F. for 25 min. Top with buttered bread crumbs. Bake 5 min.

M'm! M'm! Good!®

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Look for more great-tasting recipes from *Campbell's*® on page 115.

CONTENTS

continued from page 5

Skin Care *Ways to help you look and feel better* **26**
Raising a Can-Do Kid *Encouraging self-esteem* **36**
The Power of Positive Stress *Making daily pressures work in your favor* **38**
Good Food, Good Health: Nutrition Guide *How to cut fat when you dine out* **42**
Have Your Cake and Fiber, Too *Great taste and a bit of fiber in every bite* **45**
Sitting in the Catbird Seat *The long, happy life of an indoor cat* **142**

OF CONCERN NOW

Helping Homeless Families *How your dollars are hard at work* **33**

GREEN AND GROWING

Arbor Day Almanac *How to order a free tree* **47**
The Cook's Garden *Good eating from the good earth* **100**



Grow a Bounty of Vegetables in Your Own Cook's Garden, page 100

GOOD FOOD

Low Fat and Loving It *14 top chefs prove that lean is luscious* **109**
How to Use Nutrition Information **133**
Prize Tested Recipes® ..... **135** *Rice, Grain Side Dishes; Fish, Seafood Dinners*
Win Money for Your Recipes **138**

OUR ENVIRONMENT

Recycled Paper *Finding it and using it* **68**

ON THE ROAD

Car Won't Start *What to look for, what to do* **144**
Roads North *Family vacations in Canada* **147**

SHOPPING

Magazine Customer Service Information **14**
Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* **158**
Directory of Architects And Designers **159**
Shopping Editor's Choice **160**
How to Order *Special offers, project plans, and kits* **167**

CONTENTS

MARCH 1990; Vol. 68 No. 3

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®



Intricate Embroider
and Appliqué, page 8

ON THE COVER

Remodeling
The old house becomes bright and sunny **50**
Decorating *Big ideas for small rooms* **71**
Spring Flowers *A garden alphabet to craft* **81**
Lean and Luscious *Low-fat, low-cholesterol recipes from top chefs* **109**

BETWEEN FRIENDS

Editor's Letter **11**
Family Network® *Our readers write* **13**
The Man Next Door® *Writes about family, friends, and neighbors* **168**

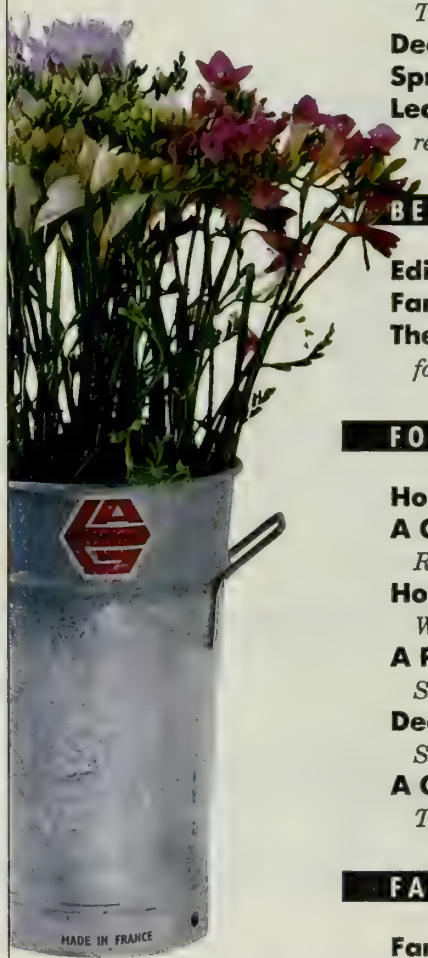
FOR YOUR HOME

Home Style *Spring things* **17**
A Clean, Sun-Lighted Place
Remodeling with sunshine and white **50**
Home Improvement Contest
Win more than $100,000 ..... **58**
A Place for Everything
Storage ideas for your kitchen **63**
Decorating Questions and Answers
Simple solutions to common problems **71**
A Garden Alphabet
To appliqué and embroider **81**

FAMILY MATTERS

Family Reunion
A planning guide for the '90s **20**
Do Kindergarten Tests Fail Our Kids?
Too often, they do **22**

continued on page 6



Home Style
Get Your Garden
Growing, page 17



Light and Liv
Whole-House Remod
page

Cover
Photograph: Perry Struse

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SCOTT LITTLE

This much has to go . . .

LOW FAT AND LEARNING TO LIKE IT

DEAR READERS,

These days, more than at any time since I've been alive, we're worrying about the food we eat. We worry about food additives, pesticides used in the production of food, the right balance of foods, the fiber content, and much, much more. We're also confused by a glut of ever-changing information about nutrition that leaves our heads spinning.

But out of all this, finally, has emerged one simple, easily understood fact. We eat too much fat: 5 to 7 teaspoons more than we need per day on average for men, 3 to 5 for women. And, it's killing us. Fat clogs up our arteries, contributing to heart disease, strokes, cancer, and diabetes.

"FAT CLOGS UP OUR ARTERIES, CONTRIBUTING TO HEART DISEASE, STROKES, CANCER, AND EVEN DIABETES."

I have no trouble understanding why we eat so much fat. It's everywhere in our food, and often it's the very thing that makes what we eat so seductively good. In my never-ending effort to lose weight and generally eat more heathfully, I'm pretty successful at winning out over my sweet tooth, but my fat tooth sneaks up and gets me every time.

As a nation of lovers of fat, we need all kinds of help and encouragement if we're to cut our fat intake by a worthwhile amount. Offering all kinds of help and encouragement is just what ProjectLEAN is about. Executive Food Editor Nancy Byal introduced you to ProjectLEAN in a short article in our last September issue. She told you that *Better Homes and Gardens*® and more than 30 organizations joined with the Henry J. Kaiser Family Foundation to create a program aimed at making low-fat eating the norm for Americans.

Shortly after Nancy wrote that article, we hosted a ProjectLEAN conference here in our offices and Test Kitchen. Among the many activities, a group of famous chefs from all over the country worked with us to prepare and demonstrate some terrific recipes that would look and taste great, but have much less fat than you would normally expect.

Naturally, we wanted to share those recipes with you, so that's just what we're doing in this issue in our feature "Low Fat and Loving It" on *page 109.* Just wait till you see those food pictures! What luscious looking stuff! Of course, that's the whole idea. We're not talking fat-free here, but rather, commonsense, reduced-fat recipes that still appeal to your family.

I know one of my problems in trying for a more healthful diet is an overzealousness that cuts out everything I really love. That kind of Calvinistic abstinence inevitably leads me to fall off the wagon into an orgy of greasy hamburgers, french fries, bacon and eggs, and other excesses. I'm ready for the ProjectLEAN approach—delicious reduced-fat recipes (plus the occasional fat-tooth indulgence).

David Jordan

David Jordan, Editor in Chief



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READERS' COMMENTS AND SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

MOTHER KNOWS BEST

The last time she came to visit, my mother and I went grocery shopping together. After we got home, she folded all the bags and said, "Put these in your trunk and reuse them next time you go shopping." You're never too old to learn from your mother.

Dominique Roosa
Orangeburg, N.Y.

AIDING STROKE SURVIVORS

My father suffered a stroke that left him partially paralyzed on the right side, making everyday functions difficult, if not impossible. Through my physician and the local center for the elderly, I was able to locate many products specially designed for stroke survivors. These include "one-handed" knives, elastic shoelaces that don't need tying, long-handled shoehorns that don't require bending over, and touch-on lamps.

Mary Gilmartin
Bloomfield, Conn.

Editor's Note: The National Stroke Association, 300 East Hampden Ave., Suite 240, Dept. BHG, Englewood, CO 80110 has free catalogs on adaptive products for stroke survivors. Or call, 303/762-9922.

SMARTS FOR LATCHKEY KIDS

As a telephone solicitor, I talk to many latchkey children each day who tell me their parents are not home. I ask to speak with the babysitter, and they politely say, "There is no one here." I urge all parents to teach their kids to tell callers that their parent cannot come to the phone. Get the caller's name and number; then hang up.

Sue Masterson
Fruitland Park, Fla.

PARENTAL SURPRISE

I teach freshman composition at our local university. When I assigned an essay on the topic "How I Would Raise My Children Differently from the Way My Parents Raised Me," I expected statements such as, "I would get off my kids' backs," or "I would let the kids stay out as late as they want." Was I surprised. Ninety-seven percent of the 90 students said they wished their parents had given them more responsibility. Most believed they were "slobs" because they didn't know how to do simple household tasks.

Dana Holland
San Marcos, Tex.

SISTERS WHO SHARE THE WORK

My sister and I are both housewives with one child and two children, respectively, and we were both getting antsy about being out of the work force that we had been in for so long. Together, we went to some temporary-job agencies, and now each of us works every other week while the other watches the children. It's working beautifully.

Lois Page and Patricia Connell
Orlando, Fla.

WORLDLY WELL-WISHERS

When our 5-year-old son was hospitalized for several weeks with a broken leg, a visitor brought him an inflatable world globe as a gift. With the globe hanging over his bed, suddenly every visitor had interesting stories to tell. We heard from a nurse who'd grown up in Colombia, a roommate whose uncle was in Kenya, and a grandpa who spent World War II in Fiji.

Mary Dietler
Walnut Creek, Calif.

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Richard Cohen Collection, 225 Fifth Ave., Suite 614, New York, NY 10010.

PHOTOGRAPHS: PERRY STRUSE

continued on page 19

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HOME STYLE

continued from page 17



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Gardener's Supply, 128 Intervale Rd., Burlington, VT 05401. 802/863-4535.



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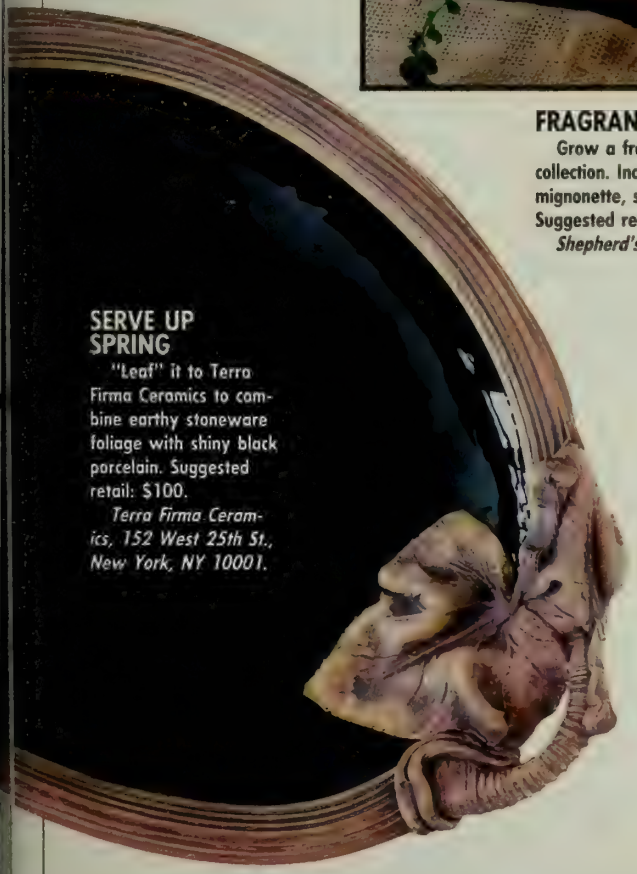




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SERVE UP SPRING

"Leaf" it to Terra Firma Ceramics to combine earthy stoneware foliage with shiny black porcelain. Suggested retail: $100.

Terra Firma Ceramics, 152 West 25th St., New York, NY 10001.



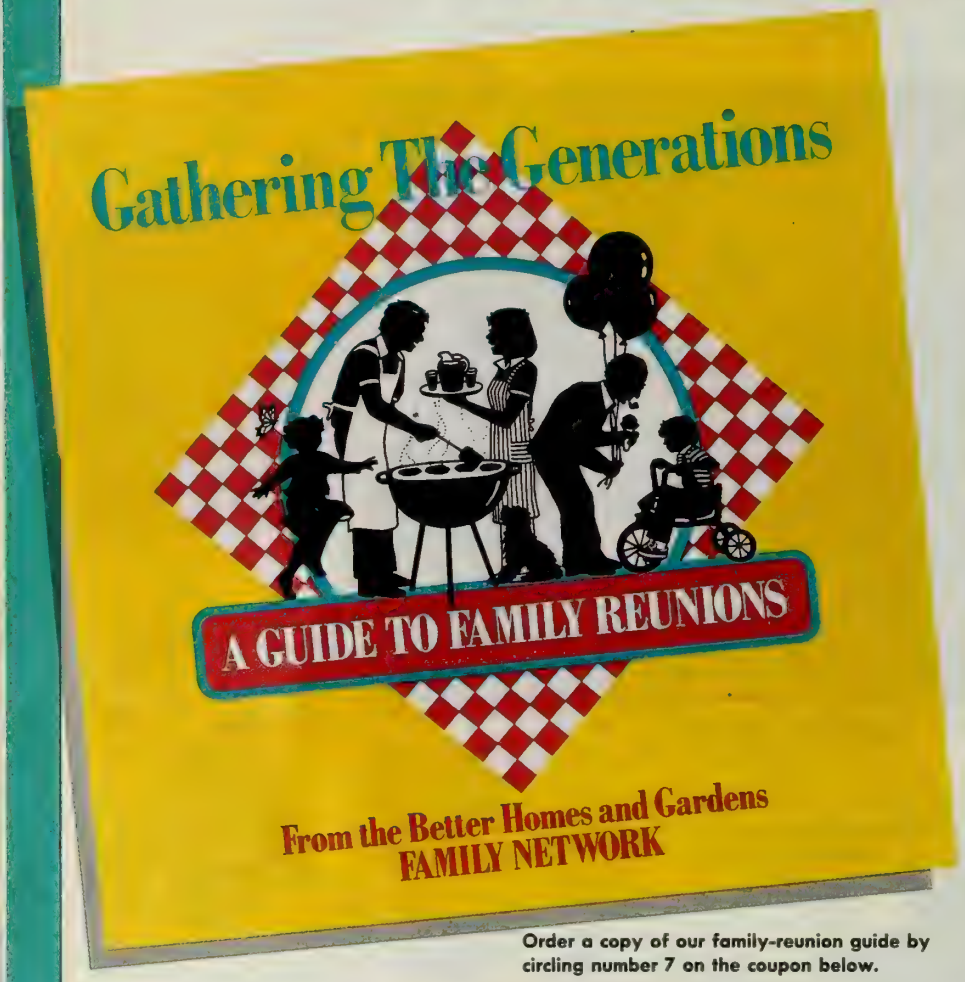
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Wind & Weather, The Albion Street Water Tower, P.O. Box 2320, Mendocino, CA 95460. BHG

FAMILY REUNIONS

A PLANNING GUIDE FOR THE '90s



Order a copy of our family-reunion guide by circling number 7 on the coupon below.

We'll be celebrating the abiding spirit of the American family this year with a number of features on family reunions. Start planning now for your own gathering of the clan by using the coupon below to send for free booklets and other materials from the sources shown on these pages. Then watch for more inspiration and ideas in upcoming issues of the magazine.

FREE PLANNING GUIDES

To kick off our celebration, here's a special offer for a free copy of "Gathering the Generations," a family-reunion guide from *Better Homes and Gardens®*. It's packed with ideas about how to plan your reunion; inspire a large turnout; house, feed, and entertain family members of all ages; and record it all to preserve lasting memories.

For more ideas about where to go and what to do to make your reunion the best yet, order the free materials from the six advertisers opposite.

REAL-LIFE INSPIRATION

With our July issue, join us at three actual reunions to learn how different families celebrate in different ways: camping together in an Iowa park, sharing a 50th wedding anniversary in New York's Catskill Mountains, continuing a tradition begun by a family of missionaries in the early 1900s.

Then, in August, enjoy our potluck potpourri especially for reunions—pages upon pages of healthful, delectable food ideas, plus tips from other families and our food editors on how to organize and plan meals, handle the crowds, and get everyone involved.

Watch for these upcoming issues, and order your planning guide and other materials now. It's time to start making the 1990s *the* decade of the American family.

SEND FOR FREE LITERATURE

Plan your best-ever family reunion by sending for the free planning guide from *Better Homes and Gardens® (above)* and the free materials from the six advertisers on the opposite page. Circle the appropriate numbers, and mail to: FAMILY REUNIONS, P.O. Box 9214, Des Moines, IA 50306.

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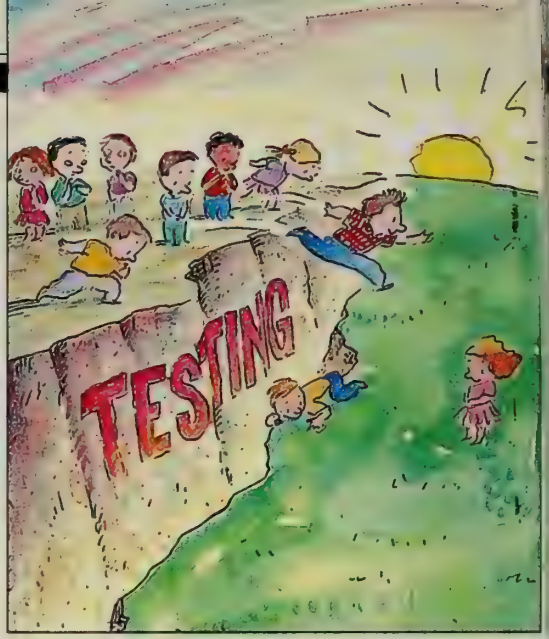
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6

DO KINDERGARTEN TESTS FAIL OUR KIDS?

Don't let a misused test direct your child to the wrong classroom



BY ANDREA ATKINS

Sue Long never dreamed she'd become an education activist. But that was before the Denver City, Texas, school officials gave the Gesell School Readiness Screening Test to her twin girls. The result: One of the twins was to attend regular kindergarten and the other a "developmental" program.

"I panicked," Long says. "I thought something was wrong with my kid."

When Long objected, the principal assigned both twins to the developmental program. Later that school year, Long and three other parents won the right for parents to choose which program their children attend. The twins then bypassed regular kindergarten and went directly to first grade.

Districts in 30 states now use kindergarten readiness tests. Often, these tests steer children away from regular kindergarten and into programs with names like pre- or developmental kindergarten. Some schools even encour-



Four clever way

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age parents to hold their children back for one year. The idea is to give "immature" 5-year-olds an extra year before starting school. It sounds good in theory, but critics see drawbacks.

"The problem is that the majority of tests are not accurate for the purposes to which they're put," says Samuel Meisels, Ed.D., a professor of education and a research scientist at the University of Michigan. If a child's academic course is based solely on the results of a 15-minute test, the long-term results could be devastating, Meisels says.

"Urban schools report that students who are one year too old for their high school grade have a 50 percent higher chance of dropping out," he adds.

Some critics question the idea of readiness testing. There is no such thing as being "ready" for kindergarten, says Stanford University Education Professor Robert Calfee, Ph.D. If the kids aren't ready for what the teachers are doing, he says, the teachers should change, not the students.

The real problem, agrees Monty Neill, Ed.D., associate director of FairTest, a Cambridge, Massachusetts, testing reform organization, is a "curriculum that's emphasizing academics. Five-year-olds are not ready to do the work of 6-year-olds."

THE SCHOOLS RESPOND

Different kindergarten programs have grown out of school reform. Developmental or prekindergartens usually emphasize learning through play, while other standard kindergartens

continued on page 24

STRATEGIES FOR APPROACHING TESTS

Information is the best way to deal with your school district's policies. Before your prekindergartener faces a test:

- **Find out the test's purpose.** Is it to be used for placement or just to determine whether further evaluation is necessary? Ask for evidence that the tests have produced good results.
- **Insist that no test be used as the sole criterion for placement.** Experts say no test on the market is reliable enough to be given that responsibility.
- **Demand to remain in the room with your child during testing, if that's what your child wants.** Tests can be intimidating to a 4- or 5-year-old. If your child is more comfortable with you there, insist that you stay.
- **Retain the final say in any placement decision.** Despite what the tests say, it's up to you to determine what course you want your child to follow. Investigate the kindergarten curriculum and decide whether you think it's appropriate for your son or daughter. Don't be afraid to stick by your decision.
- **Start investigating early.** A year before registration is not too soon. "It takes time, energy, and forethought, but you have this kid start kindergarten only once," says Stanford University Education Professor Robert Calfee.



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KINDERGARTEN TESTING

continued from page 23

may have more academic curricula. The special kindergarten programs often take two years to complete.

Arguments can be made for both one- and two-year kindergarten programs. What can't be justified, experts say, is letting tests, instead of parents, decide where children will go.

Many education groups, including the National Association for the Education of Young Children and the American Psychological Association, have condemned the use of tests for special kindergarten placement. Federal law does require tests to screen for learning disabilities and other handicaps.

SPECIAL PLACEMENT HAZARDS

Researchers like Lorrie Shepard of the University of Colorado have found that special programs often set kids up for a school career filled with defeat.

"There's a trauma with special placement," Shepard says. "Kids understand it as something wrong with them. Their teachers tell them things like 'First grade is going to be difficult. This will be easier, and more fun, too.' It implies that they aren't as competent as their peers."

Children who begin in these special classes risk being labeled "slow learners" throughout their school careers, some say. Furthermore, test critics worry that a disproportionate number of children being directed to developmental programs are minorities. Such separation could lead to segregation.

Shari Iba, coordinator of the Child Development Services for Broward County, Florida, counters that testing can help spot trouble early on.

"Sometimes you may see a child who cannot do something because he or she is not ready to do that something," she explains. "Not all 1-year-olds walk. Nothing is wrong with the ones who don't. They just need some more time."

MORE THAN ONE WAY TO ASSESS

Susan Sweitzer of the Gesell Institute says some school districts have misunderstood the purpose of the test developed by her organization.

"We really encourage the use of parent information, previous teacher observation, and medical history—if it's pertinent—for these decisions," Sweitzer says. "Where schools have gotten into trouble is when they've reserved the right themselves to place kids in extra-year programs. That is absolutely something we do not condone."

STANDING UP FOR YOUR RIGHTS

It can be intimidating to oppose school experts. Long and the other parents wound up taking their case to the state commissioner of education.

"I feel much better for having stood up for my child," Long says. "I gained respect from other people and from teachers and other professionals."

The battle did lead to stress. Long's twins once asked plaintively, "Mommy, are you going to be thrown in jail?"

Long says she made it clear that she was not condemning her community's school system; she just had a problem with one aspect of it.

FOR MORE INFORMATION

Send for: "Testing Cautions and Concerns." Send a stamped, self-addressed envelope to: National Association for the Education of Young Children, Dept. T-BHG, 1834 Connecticut Ave., NW, Washington, DC 20009.

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Here's the latest information on skin care revealed at a special conference sponsored by the American Academy of Dermatology.

NEW HOPE FOR PSORIASIS SUFFERERS

Keratin may help

Scientists are looking to keratin, a naturally occurring protein in the skin, as the key to a cure for psoriasis.

New studies show that psoriasis patients have two distinct forms of keratin in their skin. These protein pairs cause the epidermal cells to reproduce too quickly, resulting in the itchy, red, scaly patches characteristic of the disease. Scientists are hoping that this finding will lead to ways to alter the keratin and slow the growth of skin cells to normal levels.

Meanwhile, several good treatments are available to ease psoriasis discomfort. A relatively new therapy uses a drug called etretinate (brand name: Tegison). Although the drug reduces psoriasis symptoms, it also can produce arthritislike side effects in some users. A more established treatment, and one less likely to cause troubling side effects, is a combination of the drug psoralen and ultraviolet light exposure. Ask your family doctor or dermatologist about them.

THE MIRACLE PROTEIN?

Promises, promises

Keratin isn't just on the minds of psoriasis sufferers (see above story). Consumers are finding this natural skin protein in more shampoos and conditioners, hand creams, and body lotions these days. The promise: healthier, younger-looking skin and hair. But can this natural substance really live up to its advanced billing?

"Nonsense," says Irwin M. Freedberg, M.D., professor and chairman of the Dermatology Department at New York University School of Medicine. "It may change the appearance of skin slightly, but it won't make it healthier," he says.

Is it worth the extra money at the cosmetics counter?

"If you feel good when you spend money, go ahead," Freedberg says.

JUST SAY NO TO SUN

It's not too late to change

Even longtime sun worshippers can repair the damage they've done to their skin. James Leyden, M.D., professor of dermatology at the University of Pennsylvania, says studies show that laboratory animals were able to regenerate skin that had been sun damaged—provided that skin was kept protected from the sun's harmful rays. Leyden and others feel that a similar repair process may occur in human skin, too.

Many dermatologists recommend a year-round approach to sun protection. The aging effects of the sun occur in winter as well as summer, though the damage is less. Still, anyone who is outdoors a lot in winter would do well to cover up or use a sunscreen.

MOLE ALERT

Watching moles could save your life

They may seem harmless or strike you as nothing more than a minor flaw, but moles are serious business.

Dermatologists want to get the word out that vigilance on your part can save your life. Most often, moles are just the result of some damage done to your skin by the sun. Often they appear during the teenage years or pregnancy. Almost everyone has at least one of these usually benign spots.

But when a mole changes color or becomes larger or multicolored, it could be a warning sign of skin cancer.

Still, says Robert J. Freedman, dermatologist with New York University's School of Medicine, skin cancer can be cured if it's detected early enough. So pay attention to your moles. They could be trying to tell you something.

—Andrea Atkins

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BRIEF SUMMARY

INDICATIONS AND USAGE

This drug product has been conditionally approved by the FDA for the prevention of a pectoris due to coronary artery disease. Tolerance to the anti-anginal effects of nitrates sured by exercise stress testing) has been shown to be a major factor limiting efficacy transdermal nitrates are used continuously for longer than 12 hours each day. The develo of tolerance can be altered (prevented or attenuated) by use of a nonconstinuous (interm dosing schedule with a nitrate-free interval of 10-12 hours.

Controlled clinical trial data suggest that the intermittent use of nitrates is associate decreased exercise tolerance, in comparison to placebo, during the last part of the nitrat interval; the clinical relevance of this observation is unknown, but the possibility of incr frequency or severity of angina during the nitrate-free interval should be considered. F investigations of the tolerance phenomenon and best regimen are ongoing. A final evaluat the effectiveness of the product will be announced by the FDA.

CONTRAINDICATIONS

Allergic reactions to organic nitrates are extremely rare, but they do occur. Nitroglycerin is co cated in patients who are allergic to it. Allergy to the adhesives used in nitroglycerin patches been reported, and it similarly constitutes a contraindication to the use of this product.

WARNINGS

The benefits of transdermal nitroglycerin in patients with acute myocardial infarction or congest failure have not been established. If one elects to use nitroglycerin in these conditions, careful cl hemodynamic monitoring must be used to avoid the hazards of hypotension and tachycardia.

A cardioverter/defibrillator should not be discharged through a paddle electrode that ov MINITRAN patch. The arcing that may be seen in this situation is harmless in itself, but it associated with local current concentration that can cause damage to the paddles and burn patient.

PRECAUTIONS

General: Severe hypotension, particularly with upright posture, may occur with even small c nitroglycerin. This drug should therefore be used with caution in patients who may be volume c or who, for whatever reason, are already hypotensive. Hypotension induced by nitroglycerin accompanied by paradoxical bradycardia and increased angina pectoris.

Nitrate therapy may aggravate the angina caused by hypertrophic cardiomyopathy.

As tolerance to other forms of nitroglycerin develops, the effect of sublingual nitroglycerin on e tolerance, although still observable, is somewhat blunted.

In industrial workers who have had long-term exposure to unknown (presumably high) d organic nitrates, tolerance clearly occurs. Chest pain, acute myocardial infarction, and even death have occurred during temporary withdrawal of nitrates from these workers, demonstrat existence of true physical dependence.

Some clinical trials in angina patients have provided nitroglycerin for about 12 continuous h every 24-hour day. During the nitrate-free intervals in some of these trials, anginal attacks hav more easily provoked than before treatment, and patients have demonstrated hemodynamic n and decreased exercise tolerance. The importance of these observations to the routine, clinical transdermal nitroglycerin is not known.

Information for Patients: Daily headaches sometimes accompany treatment with nitroglyc patients who get these headaches, the headaches are a marker of the activity of the drug. P should resist the temptation to avoid headaches by altering the schedule of their treatmen nitroglycerin, since loss of headache is likely to be associated with simultaneous loss of anti-a efficacy.

Treatment with nitroglycerin may be associated with lightheadedness on standing, especially ju rising from a recumbent or seated position. This effect may be more frequent in patients who hav consumed alcohol.

After normal use, there is enough residual nitroglycerin in discarded patches that they are a po hazard to children and pets.

A patient leaflet is supplied with the systems.

Drug Interactions: The vasodilating effects of nitroglycerin may be additive with those of vasodilators. Alcohol, in particular, has been found to exhibit additive effects of this variety.

Marked symptomatic orthostatic hypotension has been reported when calcium channel blocke organic nitrates were used in combination. Dose adjustments of either class of agents m necessary.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: No long-term animal st have examined the carcinogenic or mutagenic potential of nitroglycerin. Nitroglycerin's effect reproductive capacity is similarly unknown.

Pregnancy Category C: Animal reproduction studies have not been conducted on nitroglycerin also not known whether nitroglycerin can cause fetal harm when administered to a pregnant wom whether it can affect reproductive capacity. Nitroglycerin should be given to a pregnant woman c clearly needed.

Nursing Mothers: It is not known whether nitroglycerin is excreted in human milk. Because drugs are excreted in human milk, caution should be exercised when nitroglycerin is administere nursing woman.

Pediatric Use: Safety and effectiveness in children have not been established.

ADVERSE REACTIONS

Adverse reactions to nitroglycerin are generally dose-related, and almost all of these reactions ar result of nitroglycerin's activity as a vasodilator. Headache, which may be severe, is the most comm reported side effect. Headache may be recurrent with each daily dose, especially at higher do Transient episodes of lightheadedness, occasionally related to blood pressure changes, may occur. Hypotension occurs infrequently, but in some patients it may be severe enough to wa discontinuation of therapy. Syncope, crescendo angina, and rebound hypertension have been repo but are uncommon.

Extremely rarely, ordinary doses of organic nitrates have caused methemoglobinemia in nor seeming patients.

Application-site irritation may occur but is rarely severe.

In two placebo-controlled trials of intermittent therapy with nitroglycerin patches at 0.2 to 0.8 m the most frequent adverse reactions among 307 subjects were as follows:

	placebo	patch
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lightheadedness	4%	6%
hypotension and/or syncope	0%	4%
increased angina	2%	2%

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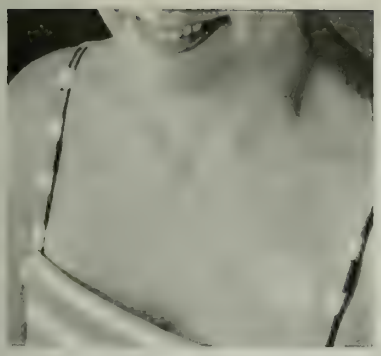
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†*Clinical Therapeutics*, Vol. 11, No. 1, 1989, pp. 15-31.

Please see adjacent page for summary of prescribing information.

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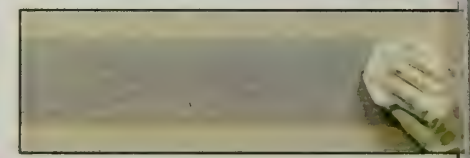
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BY MARGARET DALY



PHOTOGRAPHS BY GEORGE CEOLLA

A Better Homes™ Foundation grant allowed the Pittsburg (Calif.) Pre-school Coordinating Council to hire full-time family counselor Marie Piazza. "These mothers want to do their best," she says, "but homelessness is a terrible strain. Without early help, these children are prime candidates for real problems later on."

HELPING HOMELESS FAMILIES

HOW YOUR DOLLARS ARE HARD AT WORK

By January this year, The Better Homes™ Foundation (BHF) had awarded 37 grants to local organizations that are helping homeless families throughout the country get back on their feet. The nonprofit foundation was created by the magazine barely a year and a half ago to respond to the growing crisis of homelessness for families in America. From the beginning, donations from our readers have been at the heart of the foundation's ability to get money working *continued on page 34*



When Anna first moved into the House of Ruth, she was terrified of being separated from her mother. Intensive counseling helped, and she now goes to school. "We have to reestablish trust for these kids," says counselor Ariana Manov. A BHF grant aids high-risk children and their mothers.

rapidly for the benefit of homeless families, half of whose children are under age 6. "Thanks to the foundation's grant, we now can offer full-day therapeutic care to children from the nearby shelter, plus counseling to their parents," says Frances Green, director of the Pittsburg Pre-school Coordinating Council, northeast of Oakland, California, where the numbers of homeless families have risen sharply.

"I don't know what I would have done without the program," says one mother, who is receiving parenting counseling through the center while her three children benefit from expert day care there. "When we were homeless, I was afraid they would take the children away from me. Now they get wonderful day care, and I'm learning how to handle them better, and also how to budget and look for housing we can afford. They really care about children here," she says.

The House of Ruth, an emergency shelter and transitional housing program in Los Angeles, is using Better Homes™ Foundation funds to provide extensive counseling for high-risk children, plus a mothers' support group. "It's less lonely to visit with other women who have been homeless," says one resident in the group, who now works part-time and has



Robert, 4, helps move donated furniture into his family's new apartment, arranged by Shelter Partnership and Beyond Shelter in Los Angeles (*page 35*). His family had been living in shelters and their car after a sitter stole their rent money and his father's employer went bankrupt.



Cranberry Cornucopia



Peach Tree

saved almost $1,500 toward the money she'll need to qualify for an apartment for her family in high-cost L.A.

Thanks to the generosity of our readers and various organizations, the foundation is able to provide aid to a variety of programs for homeless families, from transitional housing to medical outreach and job and parenting skills. Many businesses are helping, too. Some recent examples:

● **Shelter Partnership** worked with Merchants Home Delivery Service to get furniture donated by local Wickes and Carl's retail stores to families moving from shelters into affordable housing found for them by Beyond Shelter, a local transitional housing program for poor and homeless families.

● **Teledyne Water Pic** of Fort Collins, Colorado, donated 1,000 water- and energy-conserving shower heads for BHF to distribute to shelters and transitional housing programs.

● **President Joe Hardy of 84 Lumber Company,** in Eighty Four, Pennsylvania, has donated up to $3,500 worth of building materials to be distributed by each of nine retail outlets to local housing programs for homeless families, selected by the foundation.

The Better Homes FOUNDATION
HELP FOR HOMELESS FAMILIES

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RAISING A CAN-DO KID

Seven Traits That Encourage Self-Esteem In Your Children

BY JOHN ROSEMOND



JIM KRANTZ

Can-do kids are make-do kids. They usually have several traits that distinguish them from dependent, underconfident children:

1. RESOURCEFULNESS

Today, resourcefulness may mean turning an oatmeal carton into a castle. Tomorrow, it might mean putting together a last-minute presentation that wows the boss. Resourceful kids can do a lot with a little because their parents haven't filled their lives with store-bought toys. Instead, their playthings tend toward the traditional—building sets, dollhouses, clay, and blocks.

● **Encourage resourcefulness** by showing your kids how to make the most of simple everyday items. Take your child outside and share tips for making log cabins from sticks, walls from small stones, and trees from pinecones. Then watch the world open up.

2. IMAGINATION AND CREATIVITY

Can-do kids are not television addicts who sit for hours, staring mindlessly at the "boob tube." Kids with imagination love books and have a strong desire to learn. They're the ones who are life's doers, not the watchers.

● **Ignite your child's imagination** by reading together. Involve your kids in books early by having them find things in the pictures, by talking with them about the stories, and by encouraging them to make up stories of their own.

3. DETERMINATION

Call it spunk, moxie, or spirit, can-do kids have it in spades. Determined kids learn to tolerate realistic doses of frustration. This enables them to persevere in the face of adversity, to turn life's obstacles into challenges, to hang in there when everyone else has dropped out of the race.

● **Build determination** by dosing your kids with plenty of Vitamin N, or "No," the most character-building word in the English language. You needn't veto everything, but don't be swayed by pleading if what your kids want sounds unreasonable to you.

4. SELF-SUFFICIENCY

Can-do kids are independent and self-reliant. Your kids will stand on their own two feet because you raised them with that goal in mind. They will develop a self-confident attitude toward the challenges of life.

● **To instill self-confidence,** provide encouragement and support when times get tough. Don't always try to clear away problems. Allow your kids to make mistakes. It's part of growing up. Most can-do kids have learned some lessons "the hard way" because their parents haven't protected them from every difficulty life dishes out.

5. RESPONSIBILITY

Can-do kids understand that success depends more on what you put into things than on what you take out. They begin to understand this when they start contributing to the operation of their own home.

● **To develop a sense of responsibility from an early age,** give your children household jobs: making their beds and keeping their rooms tidy. As they grow, have them take on more tasks.

6. RESPECTFULNESS

If your children respect you and understand what you expect from them, they won't have to constantly search for your rules and limits. They will have a sense of security that gives them the freedom they need to become the best they can be.

● **Develop respectfulness in your kids by taking a strong stand on issues.** Make sure your children always know where you'll land on a particular question. Stand confidently, and teach respect not by force, but by example.

7. AUTONOMY

Kids who have unrushed childhoods are able to focus their talents early in life. They possess a well-developed sense of individuality.

● **The surest way to develop autonomy is to allow your children to form their own interests.** Instead of rushing your children from one after-school activity to another, let them develop interests on their own.



—Family psychologist John Rosemond is author of The Six-Point Plan for Raising Happy, Healthy Children *(Andrews/McMeel).*

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THE POWER OF POSITIVE STRESS

Making daily pressures work in your favor

BY PAUL MARTIN



The Chinese word for crisis combines the symbols for danger and opportunity. Stress is just that: danger and opportunity. Harnessed, it can add zest to living and spur accomplishment.

WHAT'S WRONG WITH STRESS?

Most people view stress as harmful, and much research backs up that notion. Dr. Hans Selye, one of the first stress researchers, defines stress as "essentially the rate of all wear and tear caused by life." Studies show stress to be a factor in high blood pressure, heart disease, ulcers, mental disorders, infections, and many other ailments.

On the other hand, too little stress can be just as damaging. For instance, bedridden patients quickly lose muscle tone and strength. Total lack of stress also produces profound boredom and can lead to serious mental illness.

THE OTHER SIDE OF STRESS

Simply avoiding stress is not necessarily healthier than seeking it out. "Stress equals energy," says Dr. Roger A. Ritvo, dean of the University of New Hampshire's School of Health and Human Services. "Everyone says stress is bad, but if you think of stress as energy, it's all in how you manage it."

Dr. Ritvo says stress can be the driving force that helps people reach their goals. Without a touch of stress in their daily lives, people wouldn't get anything done.

"The trick," he says, "is finding that optimum where there is just enough stress to avoid complacency, but not so much that it causes burnout."

You need not be a stress expert to agree. Gay Easly is manager of the public communications department for the American Nuclear Society in La Grange Park, Illinois. "For me, stress that results from being on deadline, of having something intervene when I'm busy, sharpens my focus. I'm able to concentrate more clearly on the project. It releases energy and makes me extend my own personal limits. I find that stress can help me accomplish more and perform at a higher level than I would otherwise."

Jack Reid, an award-winning artist from Brampton, Ontario, says that stress is a friend most of the time.

"I run a constant balancing act with stress," says Reid. "I set deadlines and then have to live up to them. There's a built-in urgency in this that keeps me producing and improves the quality of my life. I feel better and work better. As an example, last year I finished three paintings in a day and each one was better than the previous picture. In fact, the last painting won a prize."

DEFUSING EXCESS STRESS

When too much stress starts building, what then? Research points to a number of proven stress *reducers* (not eliminators). Get more sleep and exercise. Take quiet, meditative breaks. Eat a balanced diet with plenty of fruits and vegetables and less alcohol and caffeine. Stress symptoms that persist in the face of these changes may signal serious problems. See your doctor.

—Paul Martin puts his positive stress to work as a free-lance writer covering medical topics for national magazines.

LIVING BETTER STRESSFULLY

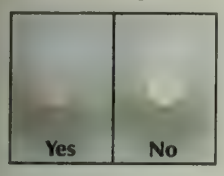
Unbridled stress causes myriad physical symptoms, ranging from fatigue and indigestion to serious illnesses. Controlling stress is more reasonable than trying to eliminate it completely. Some suggestions:

- **Don't be afraid to make commitments, but do make your commitments as specific as you can.**
- **Set deadlines for finishing jobs. Nothing sparks productive action like a firm completion date.**
- **Prepare contingency plans. Whenever possible, think through alternative ways to accomplish your goals.**
- **Exercise. Physical stress tires you, but it also bleeds off excess pressure. Even walking can help you unwind.**
- **Practice "what if?" thinking. Keep reminding yourself that the penalties for failing are usually trivial compared to the benefits of success.**
- **Know your own signs of excess stress. Common symptoms include headaches, stomach upset, personality changes, and chronic tiredness.**

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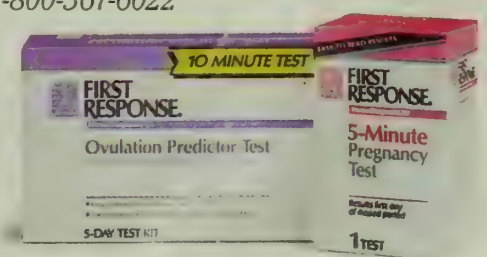
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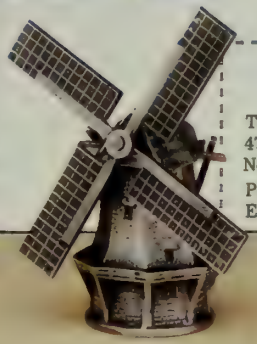
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GOOD FOOD/GOOD HEALTH

YOUR FAMILY'S NUTRITION GUIDE



HOW TO CUT FAT WHEN YOU DINE OUT

What's new on the menu? More than ever, restaurants are listing healthful dishes. *Better Homes and Gardens*® food editors recently talked with three pioneering chefs in heart-healthy cuisine. Each is a member of the ProjectLEAN team (for details on ProjectLEAN, see *page 109*). Here, they tell how their menus cater to good food habits, and they offer tips for low-fat dining out anywhere.



KLAUS PROS

Executive Chef, J.W. Marriott Hotel; Washington, D.C.

"People are becoming much more sophisticated about low-cholesterol, low-fat dining," says Pros. He ought to know: Pros has opened more than 70 hotels for the Marriott organization. "Marriott menus have included a 'Good For You' section for a long time," he explains, "and the demand for these healthful menu items is increasing. We add new low-fat selections all the time. Stir-fried vegetables and chicken dishes are especially popular."

One of the most requested low-fat entrées, according to Pros, is a skinless, boneless chicken breast with barbecue sauce on a bun, served with lettuce, tomatoes, and cucumber relish.

HOTEL DINING TIPS

- **When you go out for dinner,** ask for foods that are low in cholesterol and fat. Don't be afraid to request something special from the kitchen.
- **Choose menu items** without heavy cream sauces or gravies.
- **Look for menus** that let you know healthful, low-fat choices are available.



MICHAEL FOLEY

Owner-Chef, Printers Row Restaurant; Chicago, Ill.

"Steaming, poaching, broiling, and searing," explains Foley, "are low-fat cooking techniques we use in our restaurant. And we steam over aromats (herb bundles) for more flavor in the cooked food."

The restaurant also encourages low-fat dining by using lean cuts of meat with most of the fat trimmed off, by serving a large number of healthful vegetable, salad, and pasta dishes, and by offering many types of fruit desserts.

"We provide a good variety of choices for our guests—something for everyone. Customers are intensely interested in that," says Foley.

FINE DINING TIPS

- **Look for food** more than you look for atmosphere. And ask questions about the availability of low-fat items, freshness, and how the food is grown.
- **Look at the balance** of your entire diet, not just your "eating out" diet. It doesn't make sense to eat a lot of unhealthful food at home, then worry about what you eat when you go out.
- **Teach your kids** how to eat healthfully. Talk to them about food so that they'll learn to make good choices when they're on their own.



LEONARD TORINE

Founder, Chairman, The Dietworks; Livingston, N.J.

The birth of The Dietworks restaurant chain resulted from the birth of Torine's second son. "After our son was born, my wife needed to lose 35 pounds," Torine recalls, "so I cooked to help her lose weight. Soon, we started eating 'light' regularly."

The result? An East Coast chain of healthful food restaurants that will soon go national with its menu of soups, sandwiches, salads, pita pizzas, seafood, chicken, pasta dishes, and desserts—all with calorie counts printed on the menu. Some of the restaurants also feature a menu without calorie counts for those who'd rather not be reminded.

Explains Torine, "We're not in the diet business, we're in the restaurant business. We serve delicious food in an attractive setting. But we *are* a low-fat restaurant, probably one of the few in the country. We don't do any deep frying. In fact, we don't cook over an open flame in our restaurants. We prepare most foods in a commercial steamer or the microwave."

EATING OUT HELP

- **You can eat more healthfully,** anywhere, if you really want to. Take a fried chicken chain, for example. Remove the skin from a couple pieces of chicken. Skip the french fries, but eat the cole slaw, after turning it upside down and draining it.
- **Order your entrées broiled,** steamed, or sautéed in lemon or wine with herbs or garlic, rather than in butter or margarine.
- **A best bet for dessert** is sherbet or fresh fruit. Or, order your very, very favorite dessert, then split it with your husband, wife, or friend.

BY BARBARA GOLDMAN



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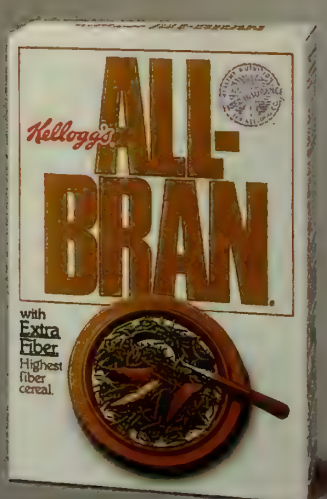


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HAVE YOUR CAKE AND FIBER, TOO

GREAT TASTE AND A BIT OF FIBER IN EVERY BITE

BY JOY TAYLOR

For everyday sweet-tooth satisfaction, opt for these healthful cakes. They're made with less fat than most cakes. Plus, these whole grain desserts are especially good for you because each piece contains some dietary fiber, and every little bit of fiber helps.

Studies have shown that a high-fiber, low-fat diet may reduce colon cancer risk, and it appears that soluble fiber (as in oat bran and apples) lowers blood cholesterol.



Try a slice of moist and tender Cornmeal Spice Cake.



PHOTOGRAPHS: SCOTT LITTLE

No-Cholesterol Apple Cake: Less than 150 calories per serving, with 2 grams dietary fiber.

NO-CHOLESTEROL APPLE CAKE

Leave the peel on the apples because that's what gives you lots of fiber—

Nonstick spray coating
⅔ cup sugar
½ cup packed brown sugar
¼ cup vegetable oil
3 egg whites
• • •
⅔ cup all-purpose flour
⅔ cup whole wheat flour
½ cup oat bran
1½ tsp. baking soda
1 tsp. ground cinnamon
¼ tsp. ground allspice *or* nutmeg
3 cups shredded unpeeled apples
Powdered sugar

Spray a 13x9x2-inch baking pan with nonstick coating; set aside. In a large mixing bowl combine sugars, oil, and egg whites. Beat with a wooden spoon till well blended. Add flours, oat bran, baking soda, cinnamon, and allspice or nutmeg; stir just till moistened. Stir in shredded apples. Pour batter into prepared pan.

Bake in a 350° oven for 25 to 30 minutes. Cool. If desired, sift powdered sugar atop cake. Makes 16 servings.

Nutrition information per serving: *147 cal., 2 g pro., 4 g fat, 0 mg chol., 1,057 mg sodium, 100 mg potassium, and 2 g dietary fiber.*

CORNMEAL SPICE CAKE

A slice of this cake makes a delicious snack along with a cup of coffee or tea—

Nonstick spray coating
1¼ cups all-purpose flour
⅔ cup whole wheat flour
½ cup cornmeal
2 tsp. baking powder
½ tsp. baking soda
¼ tsp. ground cardamom *or* ground nutmeg
• • •
⅔ cup honey
½ cup cooking oil
1 tsp. vanilla
3 slightly beaten eggs
1 8-oz. carton plain yogurt

Spray a 10-inch fluted tube pan with nonstick coating; set aside. Stir together flours, cornmeal, baking powder, baking soda, and cardamom or nutmeg; set aside.

In a large mixing bowl combine honey, oil, vanilla, and beaten eggs. Mix well. Add flour mixture and yogurt alternately to egg mixture, stirring well after each addition. Pour batter into prepared pan.

Bake in a 325° oven for 50 to 55 minutes or till done. Cool 15 minutes in pan on a wire rack. Remove from pan; place on rack over shallow pan.

With a fork, prick top of cake generously. Gradually drizzle warm Honey-Spice Syrup over cake till all syrup is absorbed. Let cool on wire rack. Makes 10 servings.

Honey-Spice Syrup: In a medium saucepan combine ¾ cup *water,* ½ cup *honey,* and ¼ teaspoon *ground cardamom* or *nutmeg.* Bring to boiling; cook and stir syrup for 1 minute. Remove from heat. Let syrup stand till just a little warm.

Nutrition information per serving: *362 cal., 6 g pro., 13 g fat, 84 mg chol., 155 mg sodium, 154 mg potassium, 2 g dietary fiber. U.S. RDA: 12% thiamine, 11% riboflavin, 10% calcium.*

Mom sat on the bench of the little backyard table as Daniel began to tell his amazing story. His younger brother Sam stood nearby, ready to support the "They jumped ov... over there," Daniel explai... went in the garden and started ... the tomatoes!" "And cloocumbers!" Sam added. Daniel stood on his tiptoes, stretching his arms over his head. "They were real, real, real, real, real, REAL TALL! Up to the SKY!!" Sam swayed on his tiptoes, hands above his head. "Fo... al!!" he assured her. "Th... were giants?" Mom ask... "No, Mama. Th... were... pirates." Dan... pat...

child-sized seat. "Beat 'em up," Daniel said matter-of-factly. "And I shooted 'em!" Sam announced, waving his red plastic water pistol. "Well, I appreciate you guys protecting me from those bad pirates. But what did they have to do with the ... all over the table?" Mom ...dered where their ...ginations ...ld

just like you and Sam?" she asked, trying to lead the witness. "I'm sure! The pirate captain drawed a map and was gonna take the table with him. But me and Sam wouldn't let him!" "For real!!" Sam confirmed. Mom leaned close to their faces. "Well, those pirates are going to be in a lot of trouble if they make a mess like this again. Your Dad might even give them a spanking!" "Yeah, Daddy'll show those pirates!" Daniel shouted. Then he ...d Sam dismissed themselves and ...et out for new adventures on ...he swing set. "I don't think ...ey caught my drift," ...om mumbled to ...erself. She picked ...p her bottle of Fantastik and began to spray the plastic tabletop. Only then did she focus her attention on the actual drawings themselves. Beside Daniel's house sketch was an arrow with the letter N at its point. And running the length of the table was a long crooked line that looked like some of Sam's handiwork, except for the rather ornate X at its center. Then she saw the elegant script, now almost obliterated by the Fantastik. ...APE ROMAIN. HIGH TIDE. STEER ...EAR THE SHOALS. 1000 PACES ...RTH FROM SOUTH POINT. ...m slowly raised her head, and ...ed at her now tomato-less tomato vines.

(continued)

...ntly. They had guns and bows ...nd arrows and knives ...eeth!" Sam blurted ...xcitedly, "And ...ll chased us!" "...what did you ...m asked, ...ed with ... inquiry. Daniel rolled his eyes in exasperation. "Mama, that's what I'm tryin' to tell you. The pirates did it!" "Are you sure it wasn't a couple of little boys who look...



MORE POWER FOR MORE PLACES

Fantastik® outcleans every other all-purpose spray cleaner on tough greasy kitchen dirt.

What's more, the clean is incredible just about anyplace else.

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"Other holidays repose upon the past; Arbor Day proposes for the future."

—J. Sterling Morton



ARBOR DAY ALMANAC

BY DOUGLAS A. JIMERSON

When Nebraska newspaperman J. Sterling Morton first proposed a statewide tree planting day in 1872, few thought the idea would take root and become one of our favorite national holidays. Here's how you can get in the spirit of the Arbor Day tradition this spring.

continued on page 48

PETER KRUMHARDT

TREES for AMERICA

A SPECIAL OFFER FROM THE NATIONAL ARBOR DAY FOUNDATION

To launch its 1990 Trees For America campaign, The National Arbor Day Foundation is offering *Better Homes and Gardens*® readers a free Colorado Blue spruce and a six-month membership in the Foundation. Just send $1, for shipping and handling, to The National Arbor Day Foundation, Dept. BHG, 100 Arbor Ave., Nebraska City, NE 68410.

ARBOR DAY DATES

Delaware, District of Columbia, Idaho, Illinois, Iowa, Kansas, Minnesota, Montana, Nebraska, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, South Dakota, Utah, and Wisconsin celebrate Arbor Day on the last Friday in April.

Alabama–Last full week in February
Alaska–Third Monday in May
Arizona–Friday following April 1 (northern counties); Friday following February 1 (southern counties)
Arkansas–Third Monday in March
California–March 7–14
Colorado–Third Friday in April
Connecticut–April 30
Florida–Third Friday in January
Georgia–Third Friday in February
Hawaii–First Friday in November
Indiana–Second Friday in April
Kentucky–First Friday in April
Louisiana–Third Friday in January
Maine–Third full week in May
Maryland–First Wednesday in April
Massachusetts–April 28–May 5
Michigan–Third full week in April
Mississippi–Second Friday in February
Missouri–First Friday after the first Tuesday in April
Nevada–Southern, February 28; northern, April 23
New Mexico–Second Friday in March
N. Carolina–First Friday after March 15
North Dakota–First Friday in May
Ohio–Last Friday in April
Oklahoma–Last full week in March
Oregon–First full week in April
South Carolina–First Friday in December
Tennessee–First Friday in March
Texas–Third Friday in January
Vermont–First Friday in May
Virginia–Second Friday in March
Washington–Second Wednesday in April
West Virginia–Second Friday in April
Wyoming–Last Monday in April

continued from page 47

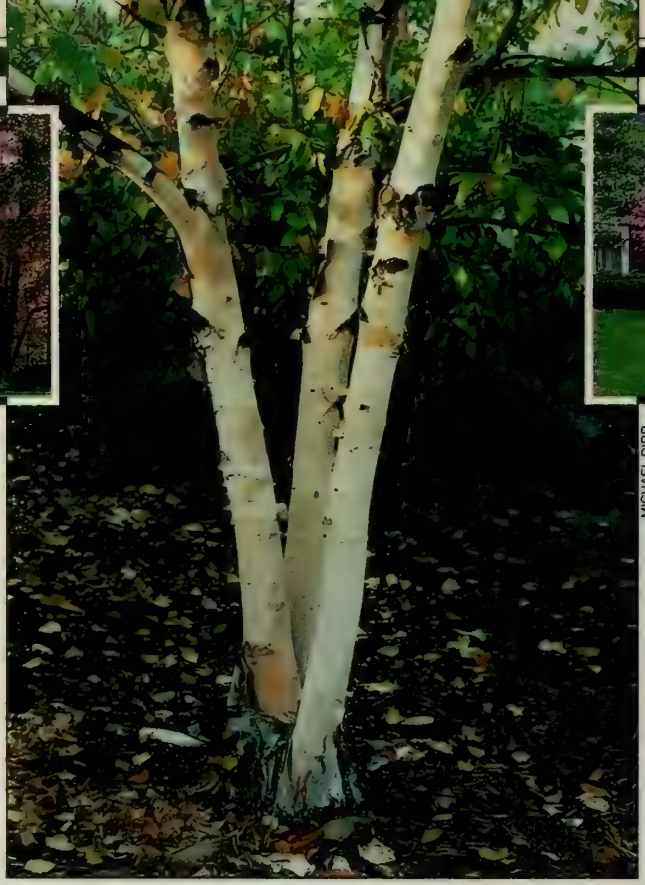


PHOTOGRAPH: BILL STITES, REGIONAL EDITOR: BONNIE MAHARAM

For sensational fall color, you can't beat sugar maples.

TREES YOU CAN PLANT FOR FALL COLOR

Red maple (*Acer rubrum*)
Sugar maple (*Acer saccharum*)
Red oak (*Quercus rubrum*)
Ginkgo (*Ginkgo biloba*)
Pin oak (*Quercus palustris*)
Korean mountain ash (*Sorbus alnifolia*)
Sourwood (*Oxydendrum arboreum*)
Dogwood (*Cornus florida*)
Birch (*Betula nigra*)
Sour Gum (*Nyssa sylvatica*)



MICHAEL DIRR

THE HERITAGE BIRCH

One of our favorite trees is the Heritage birch. An improved version of the common river birch, Heritage is resistant to bronze birch borer, summer heat, and winter cold. The tree grows 50 feet tall and has handsome tan bark that peels off in sheets as the tree matures. Heritage is not recommended for warm regions.

To order a multiple-trunk planting of Heritage birch, send check or money order for $21.95 to: Better Homes and Gardens® Reader Service, Department 22D, Box 374, Des Moines, Iowa 50336. Specify No. 09227. Trees are generally between 24 and 36 inches tall.



PHOTOGRAPH: BILL STITES, REGIONAL EDITOR: BONNIE MAHARAM

Pink dogwoods will brighten your spring mornings.

TREES YOU CAN PLANT FOR SPRING COLOR

Redbud (*Cercis canadensis*)
Dogwood (*Cornus florida*)
Chinese dogwood (*Cornus kousa*)
Magnolia (*Magnolia soulangiana*)
Flowering crabapple (*Malus sp.*)
Serviceberry (*Amelanchier laevis*)
Bradford pear (*Pyrus calleryana*)
Flowering cherry (*Prunus sp.*)
Hawthorn (*Crataegus sp.*)

HOW TO PLANT A TREE



1. Dig a hole that's at least 6 inches wider and deeper than the tree's root ball. Set the tree into the hole so that it sits at the same depth that it grew in the nursery.



2. Carefully peel away the tree's container. Here, we sliced the plastic pot into quarters with a knife. Then all we had to do was slip the container out from under the root ball.



PETER KRUMHARDT

3. Fill the rest of the hole with soil, and press down to eliminate air pockets. Water again and mulch the tree with several inches of shredded bark. Stake taller trees for support.


DOLE BRINGS CHINA SUN PORK TO LIFE.
DOLE CHINA SUN PORK
1 can (20 oz.) DOLE® Pineapple Chunks
3 Tbsp. soy sauce
1 Tbsp. cornstarch
1 tsp. white vinegar
¼ tsp. hot red pepper flakes
1 lb. boneless pork loin
2 Tbsp. vegetable oil
2 large cloves garlic, pressed
2 Tbsp. minced ginger root (or 1 tsp. ground ginger)
1 onion, cut in wedges
2 medium carrots, slivered
1 green or red bell pepper, slivered
2 cups snow peas
Drain pineapple, reserve 3 Tbsp. juice. Mix reserved juice with ½ cup water, soy sauce, cornstarch, vinegar and pepper flakes; set aside. Cut pork in strips. In skillet, brown pork in hot oil. Add garlic and ginger; cook 1 minute. Add onion and carrots; cook 1 minute. Stir sauce; add to skillet with pineapple, bell pepper and snow peas. Cook until sauce boils and thickens. Serves 4.
For more recipes, send stamped self-addressed envelope to Recipes, Dept. CFQE, P.O. Box 7758, San Francisco, CA 94120-7758.
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Dole
Pineapple Chunks
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When it comes to pineapple, Dole quality makes the real difference in all your recipes.
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A CLEAN, SUN

Eliminate the clutter. Simplify the lines. Unify the colors, textures, and materials.

Chris and Mary Gluck used these design concepts to transform this tiny bungalow into a cheerful, spacious-feeling home. Creating this Shakerlike simplicity can be easy and need not cost a lot of money. How? By focusing on the basics, paring away the frills, and then making the most of every detail.

continued on page 52

BY TOM JACKSON



Chris, Erica, and Mary enjoy a sunny frolic.

White walls, natural materials, and quiet furnishings allow details—flowers and pillows—to sparkle.



New stucco dressed up the exterior.

LIGHTED PLACE





Everything—the apples, chairs, dishes, flowers, table, and sunlight—adds color and plays a role in the design.

continued from page 51

A CLEAN, SUN-LIGHTED PLACE



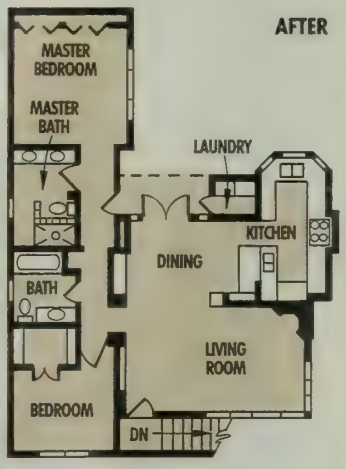
Angled furniture and simple lines allow your eyes to roam relaxed and unencumbered. The wicker chairs can be used in either the dining or living room.

By lining up walls such as the built-in buffet and the entry bookcase, by eliminating window treatments and molding, and by recessing lighting fixtures into the ceiling, the Glucks created a house devoid of visual roadblocks or detours. A unified furnishings scheme and natural materials—wood, tile, and wicker—complete the seamless feeling. The only addition to the plan was the master bedroom.

BEFORE



AFTER



PHOTOGRAPHS: JOAN HICKS—VANDERSCHUIT. ARCHITECT: JACK SMYER ARCHITECTS, AIA. ILLUSTRATIONS: MIKE HENRY. CONTRACTOR: CHRIS GLUCK. REGIONAL EDITOR: SHARON HAVEN. SPECIAL PROPPING: SANDY GORDON, COUNTRY DOWNS

Buying information, page 158
continued on page 54

continued from page 53

A CLEAN, SUN-LIGHTED PLACE

The kitchen cleverly manages to be both open and partially concealed. You can converse with friends in the dining area, yet hide clutter in either of two sinks. The main sink is centered in the bay window bump-out. A second sink is located behind the bar counter. Built-in appliances streamline the walls, and goods stored in the glass-front cabinets and open shelves bring color accents into the room.

Cook, converse, or clean up. The kitchen is open to views, yet quickly conceals clutter.











A narrow kitchen is not a problem with careful planning.

Two workstations at opposite ends of the kitchen give room for two cooks, despite the narrow space between the counters. Both sinks get used equally, says Chris. "We'll never go without a vegetable sink again."

Sympathetic colors tie the house together seamlessly. White wicker chairs match the walls, and warm wood tones run from the floor to the table to the stool seats.

Buying information, page 158. *continued on page 56*

continued from page 55

A CLEAN, SUN-LIGHTED PLACE

In the master bedroom and bath, clean unbroken lines and a quiet unified look again set up a mansion-in-a-small-space feeling. Wicker and white and antique pine sound the dominant themes, with subtle touches of gray and taupe adding the grace notes. Visual volume is enhanced by several architectural elements: large windows and a vaulted ceiling in the bedroom, and a wall-to-wall mirror in the bathroom.



A wall-to-wall mirror doubles the apparent room size. The glass-block wall serves as a solid shower curtain. A recessed medicine cabinet and an unbroken expanse of granite countertop complete the uncluttered look.

Small details like door hardware and cabinet pulls repeat throughout.



Windows in the bedroom and French doors in the hall open out to courtyard views. When privacy is desired, another French door closes off the master bedroom from the hall.

Buying information, page 158



One exception to the color scheme—a touch of pink for Erica.

ANNOUNCING

YOU CAN WIN MORE THAN

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1990

HOME IMPROVEMENT CONTEST

We'd love to pin a blue ribbon on your next home improvement project. Whether you're fixing up indoors or out, adding new space or face-lifting the old, your ideas and efforts may rate a top award—and a feature in our magazine!

PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small home improvement projects in each of the following categories:

- EXTERIOR FIX-UPS
- OUTDOOR IMPROVEMENTS
- KITCHEN SHAPE-UPS
- BATHROOM REMODELINGS
- INTERIOR REMODELINGS
- ADDITIONS
- WHOLE-HOUSE REMODELINGS

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project. (Examples: a kitchen revamp that includes new appliances, cabinets, or countertop surfacing, a family room add-on that includes new windows or vinyl flooring, or a whole-house redo that includes new carpeting, hardwood floors, or window blinds.) In addition to your winnings, your project may be published in a future issue of *Better Homes and Gardens*® magazine!

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1990 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or called in the professionals to help with the design or the work.

HERE'S HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank below. We'll send you complete details, along with our official entry form.

- **All preliminary entries must be postmarked by October 1, 1990.**

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, *Before* and *After* photos, and receipts that could make *your* project a winner in our contest!)

- **All final entries must be postmarked by February 1, 1991.**

3. THE WINNERS: We will notify all winners by mail and publish the top entries in our November 1991 issue.

$500 CASH AWARDS

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HORIZON HOUSE* CARPET
HUNTER FAN COMPANY
In-Sink-Erator*
KitchenAid
Kohler Company
Lane Cedar Chests or Lane Recliners
Lennox Industries Inc.
Marvin Windows
Merillat Industries, Inc.
Miele Appliances, Inc.
Minwax* Company, Inc.
NAHB REMODELOR'S COUNCIL
National Spa and Pool Institute
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Royal Appliance Manufacturing Co.
RUST-OLEUM* CORPORATION
S&S Mills
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Tappan
Tarkett*, Inc.
The Original Shower Massage™ by Teledyne Water Pik*
Instapure* Water Filter by Teledyne Water Pik
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Thomasville Furniture
True Value Hardware Stores
VELUX-AMERICA INC.
Wenco* Windows
Whirlpool Major Home Appliances

PRELIMINARY ENTRY BLANK

Postmarked no later than October 1, 1990

Better Homes and Gardens

1990 HOME IMPROVEMENT CONTEST

Name _____

Address _____

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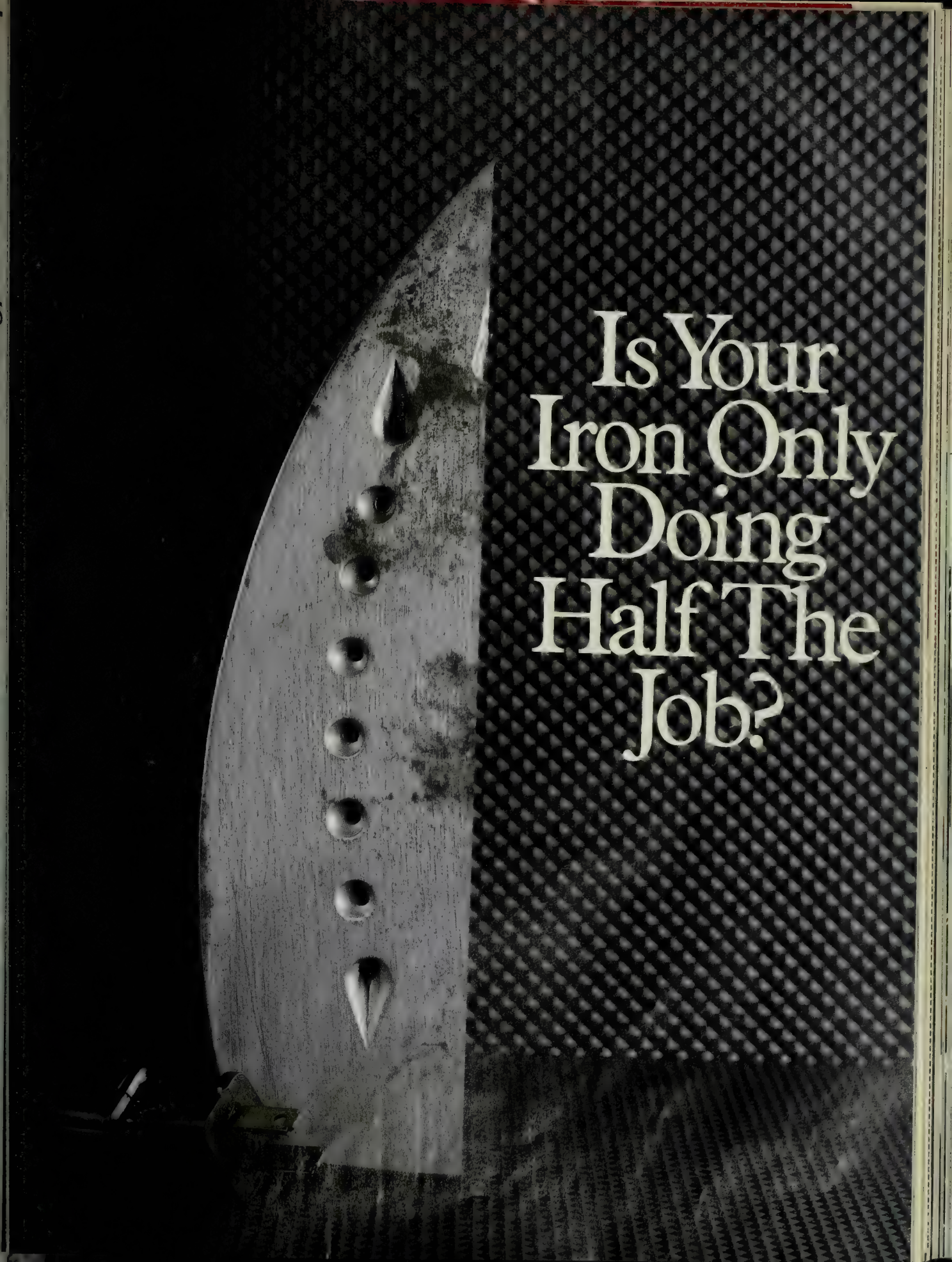
Be sure to check the box(es) that best describes the project(s) you plan to complete in 1990.

☐ 1. Exterior Fix-Ups ☐ 2. Outdoor Improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Redos ☐ 6. Additions ☐ 7. Whole-House Redos

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for final delivery of contest entry packet.

Send $2 for postage and handling to:
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Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306


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The Advanced System Iron.
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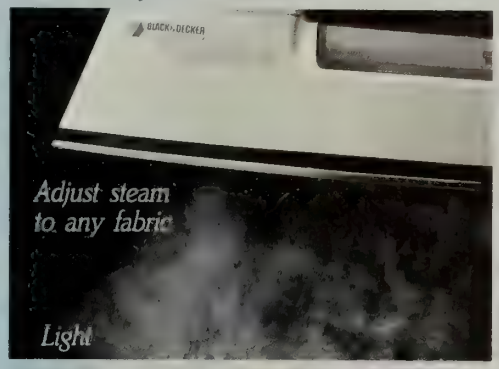
At Black & Decker, we're committed to changing the way you feel about ironing by changing the iron itself.

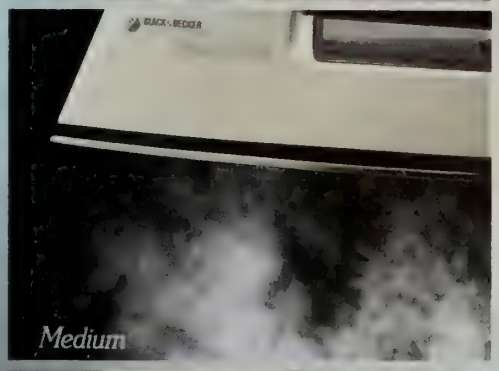
So we've specifically designed the Advanced System Iron to solve what you've told us are your most pressing problems.

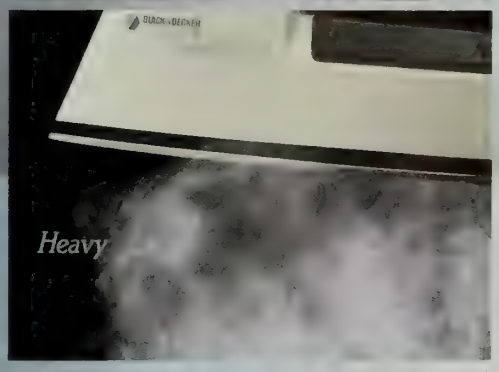
HAVE YOU EVER HAD TO IRON THE SAME SPOT TWICE?

Obviously, you've got an iron that doesn't let you control the amount of steam. The Advanced System Iron, on the other hand, offers a choice of 3 settings: Light for delicate fabrics. Medium for regular fabrics like cotton and lightweight wool. Heavy sssteam for difficult-to-iron fabrics like linen or denim.

And should you need it, there's even a surge of steam that will eliminate deep-down wrinkles in no time flat.







DOES YOUR IRON STICK, SPIT OR SPOT?

The bottom line is that your iron could benefit from a SilverStone* non-stick coating that resists corrosion and helps the iron to virtually glide over fabric.



It could also use our unique Self-Clean II™ feature that prevents clogging, pitting and brown spots. So your ironing will never end up looking like it needs laundering.

HAS YOUR IRON EVER SCORCHED DELICATE FABRICS?

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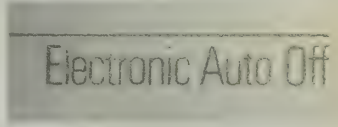


Now you won't have to wait and wonder if the iron is hot enough or too hot. Instead of relying on guesswork, you can rely on the Advanced System Iron to signal you when the selected temperature for each fabric has been reached.

DO YOU OCCASIONALLY FORGET TO TURN OFF THE IRON?

No problem. In addition to being clothes-conscious, the Advanced System Iron is also safety-conscious. Equipped with Automatic Shut-Off, it will remember, even when you don't.

In fact, all of these thoughtful touches are just part of a whole laundry list of features that will make your ironing faster, easier and better.



So why make do with an iron that just sits there and lets you do all the work?

Trade it in for the remarkable Black & Decker Advanced System Iron.

And for the first time enjoy an iron you don't have to think twice about.

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The Most Powerful, Versatile Dustbuster® Ever.

Ten years ago, when we introduced the original Dustbuster® vac, we also introduced millions of people to a new and easier way of cleaning.



Maximum power setting for heavy-duty cleaning.

Of course, even the best ideas can stand improvement. Which is why the PowerPro™ Dustbuster Plus™ vac has even more power than its predecessor, including an extra heavy-duty power setting that delivers a surge in cleaning strength when you need it.

But perhaps the PowerPro's greatest strength is how it can help you with your everyday cleaning.

Because it's lightweight and cordless, it's perfect for the stairs, upholstery, drapery—all the places your big vacuum is just too much to handle. It's also perfect for wet spills. And with all the handy attachments,* you've always got the right tool for the job.


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The PowerPro™ Dustbuster Plus™ vac from Black & Decker. It's an idea whose time has come. Again.

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*Crevice tool and upholstery tool included with model DB500. Wet pick-up available with selected models.

A PLACE FOR EVERYTHING

STORAGE IDEAS FOR ALL AROUND YOUR KITCHEN

BY SUSAN SHEETZ



▲ AND EVERYTHING IN ITS PLACE

Poor kitchen storage can take the joy out of cooking. So can dated cabinet and countertop materials and tired appliances. Avid cooks Judy and Frank Weigel shook their ranch kitchen out of its stagnant 1950s mind-set with a 1990s-oriented remodeling. The Weigels' sleek white kitchen restyling and cleverly devised storage organizers are good lessons to follow as you plan your own more-efficient kitchen.



◀ STAPLE-STASHING BAKE CENTER

How organized can a baking center be? At countertop level, twin tambour-door niches corral any idle appliances. Then base cabinet storage lines up with four-star efficiency. First in line, a large cutting board slides out for a variety of baking activities. Then comes the cutlery drawer, followed by a divided drawer that holds baking equipment and pans. On the bottom, compartments of acrylic plastic sheets sort flour, sugar, pasta, and legumes.

continued on page 64



continued from page 63

◀ RACK UP SOME CORNER STORAGE

Check out adjacent spaces close to the kitchen for storage. This wine-and-crystal cabinet built-in tucks into a niche between the back door and the kitchen proper. Wine bottles rest, properly tilted downward, in special slots beneath the shelves. There's even a display nook for the wine "de-corker."

Design/Contractor: Martha Kerr, C.K.D., Neil Kelly Co. Photographs: Steve Cridland
Regional editor: Cathy Howard

Buying information, page 158.

Is it clean now?



◀ TOO-HOT-TO-HANDLE LANDING PAD

Because her microwave and conventional ovens are stacked, Judy asked for a pullout wooden board between them. "It's so handy to simply set a dish or pan down when baking," she says. When she's done with the landing pad, she slides it away like a breadboard.

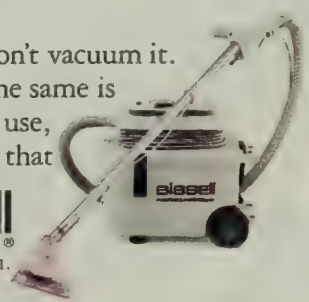


▲ SMALL-SPACE STORAGE PLACE

Even a smidgen of wall space can be put to good use. "I love this small counter area," says Judy. "It's great for every day when we load and unload the refrigerator." This mighty-mite storage spot includes another deep drawer divided with acrylic plastic sheets for organizing such easy-to-lose items as cookware lids and muffin pans.

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Of course not. When your hair needs cleaning you don't vacuum it. Because to really get it clean you need soap and water. The same is true for carpets and upholstery. The compact, easy to use, Bissell Power Steamer cleans deep down. So it gets at dirt that vacuums can't. And makes all the things you live on, a lot easier to live with. BISSELL®



FOR MORE INFORMATION, OR THE DEALER NEAREST YOU CALL 1-800-237-7691.


"Can you believe how fast
we got out of the kitchen?..."



SHE: ...It's gotta be some kind of miracle.
HE: Huh?
SHE: I said it's a miracle.
HE: What do you mean?
SHE: I mean us. Being here. In our seats. Programs in hand. On time. As in not late. As in this is the first time in twelve years we've ever been on time for a school play.
HE: Oh...you're right. It is a miracle.

Not a miracle exactly. But close. VISIONS® from Corning. An amazing line of see-through cookware that gets you out of the kitchen and on to more important things faster than other cookware can.

HE: You did a great job on the costume...
SHE: Thanks.
HE: She is the cutest little blue cloud I've ever seen.

And you've never seen a prettier piece of cookware either. Or one so versatile. VISIONS goes right from the rangetop, to the microwave, to the table. Then, into the refrigerator—and even back to the microwave again. You can cook, serve, store and reheat all in one piece.

HE: How did you manage that anyway?
SHE: Well,...the puffy stuff is angel's hair which I glued onto...
HE: No...not that part.
SHE: What?
HE: The us part. The us being on time.

While other pots and pans are still piled in the sink, your single VISIONS pot is coming out of the dishwasher bright and sparkling. And you? You're already miles away.

HE: She is definitely the cutest little blue cloud I have ever seen.



Now Available in Casseroles.

VISIONS

Cookware for people with other things to do.

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BRILLIANT ACHIEVEMENT.

Lysol® Basin Tub & Tile Cleaner cuts tough dirt and soap scum, leaves everything shiny-clean, and kills household germs, too. Which makes both you and your bathroom look positively brilliant.



OUR ENVIRONMENT

RECYCLED PAPER

FINDING IT AND USING IT

BY TOM JACKSON

We've got good news and bad news. The good news: people are recycling more paper than ever. The bad news: these efforts have created a glut of recyclable paper. As a result, recycling companies that once got $30 per ton for used paper and newsprint are now *paying* others to haul away this valuable resource.



If you like nature, you'll love Earth Care Paper Co., Inc.'s cards—just a sample of the recycled paper products we've found.

CROWDED LANDFILLS

Why should you use recycled paper products? Most important, to help ease the landfill crisis. According to the Environmental Protection Agency, paper products occupy 41 percent of our landfills. Producing recycled paper requires half the energy and creates less pollution than making virgin paper. Using recycled stationery in your correspondence also shows a commitment to improving the environment.

WE SHOP FOR YOU

Consumers can help ease the used-paper glut by using recycled paper products, but local stores don't always carry the products. So we've done some shopping, and here's what we've found:

MAKE A STATEMENT—WITH STYLE

For color and nature scenes try Earth Care Paper Company, Inc.'s line of wrapping paper, stationery, and greeting and holiday cards. Additional products include posters, calendars, envelopes, lined paper, food bags, packaging, and books; also, paper for copiers and computers, and for printing. To get a 32-page catalog, send $1 to: Earth Care Paper Co., Inc., Box 3335BH, Madison, WI 53704, or call 608/256-5522.

PACKAGING NEEDS

Crafters or anyone who ships breakable objects can break the plastic peanut habit by using Bio-Pax's recycled packaging products. These include cushioning materials, padded mailbags, boxes, and kraft paper. For a catalog send $2 to Bio-Pax, Div. of DPP, Inc., 1265 Pine Hill Dr., Box BH, Annapolis, MD 21401.

ALL AROUND THE HOUSE

The Atlantic Recycled Paper Company offers the "Family Pack" ($22.84 plus $4 shipping and handling) containing 4 rolls of paper towels, 2 boxes of facial tissue, 375 napkins, 8 rolls of toilet paper, 50 sheets of stationery, and 50 envelopes. To get a free price sheet call 800/323-2811, or write to the company at P.O. Box 11021, Baltimore, MD 21212.

Using recycled stationery in personal or business correspondence shows your commitment to improving the environment.

STRICTLY BUSINESS

Many businesses sell waste paper to recyclers, so it only makes sense that they should stimulate demand by using more recycled products. Here are two companies with products geared to business needs:

Recycled Paper Co., Inc., at 185 Corey Rd., Boston, MA 02146. Minimum order: 10 reams. Prices vary by volume. For quotes call 617/277-9901, or fax to 617/738-4877. Also requiring a 10-ream minimum is: **Conservatree Paper Co.,** 10 Lombard St., Suite 250, San Francisco, CA 94111. Telephone: 800/522-9200 (in California: 415/433-1000).

WHEN ALL ELSE FAILS

For a more complete list of the many other companies that offer recycled paper products you can call the EPA Hotline (703/941-4452) for its brochure "Recycled Paper Procurement Guidelines." Or write the National Recycling Council, 1101 30th St., NW, Suite 305, Washington, DC 20007, Attn: Information Services, for the free brochure "Recycled Paper."





If You Don't Think We Taste Better Than Lean Cuisine® And Weight Watchers®, We'll Fatten Your Wallet.



We think The Budget Gourmet® Light Entrees—from our delectable Beef Stroganoff to Lasagna with Meat Sauce to the French Recipe Chicken pictured above—are the most delicious entrees you can get for under 300 calories. And we're sure you'll agree. So sure, we'll refund your money if you don't.* Speaking of money, at around two dollars, our prices are leaner than most Lean Cuisine® and Weight Watchers® prices. Which means we'll be fattening your wallet no matter what.

Expensive Food At Reasonable Prices.

* If you're not satisfied, send your Budget Gourmet Light Entree proof of purchase (UPC code) and cash register tape with the purchase price circled and a brief written note describing the reason we didn't meet your expectations to The All American Gourmet Co., P.O. Box 8607, Elmhurst, IL 60126-8607. We'll refund your purchase price (limit: one refund per family or address). No other compensation shall be paid. Offer is void where taxed, prohibited or restricted by law. Allow 6–8 weeks for delivery. Offer is good only in USA and from APO/FPO box numbers. This offer is not redeemable at your store. Proofs of purchase which have been submitted by clubs or organizations will not be honored. Offer expires June 30, 1990. Lean Cuisine is a registered trademark of Stouffer Foods Corp. Weight Watchers is a registered trademark of Weight Watchers International. The Budget Gourmet is a registered trademark of The All American Gourmet Company. © 1990

DECORATING QUESTIONS & ANSWERS

What's on your mind? The dozens of letters we receive every month give us a pretty good idea. In fact, that's how this story begins . . .

BY DENISE L. CARINGER

QUESTION

Can we add style to our ranch's boxy living room without major remodeling?



ANSWER

Yes! Use three tactics to reshape space and add fresh character.

- **TURN THE TABLES** and seating pieces into a room-widening diagonal. Float this on-the-bias grouping away from the walls, and you'll have the makings of a fresh, surprisingly spacious look.
- **HIT THE CEILING** with lofty focal-point shelves.
- **GET MELLOW.** Serene neutrals, from paint to fabrics, set a mood that's relaxing and expansive.

An angled, "off-the-wall" furniture arrangement helps open up a once-boxy, ranch-house living room.

continued on page 72

PHOTOGRAPHS: GENE JOHNSON. DESIGN: JAN THORNTON. REGIONAL EDITOR: NANCY E. INGRAM

QUESTION

"We've just bought our first home, and we have almost no furniture. How can we get a great look now without buying cheap things that we'll have to replace later?"



ANSWER

First, don't panic! Just start with some flexible basics that will not only grow and change as you do, but will look absolutely wonderful right now.

HAVE A SEAT. Instead of blowing the budget on one new sofa, furnish an entire sitting spot with four wicker chairs. Their airiness is just right for small spaces, and their classic look makes them adaptable building blocks for future decorating.

SHOW YOUR STRIPES. Besides setting the mood and lending up-to-the-minute style, these hot fabrics rivet the eye and, thus, help "fill" empty spaces.

CUT A RUG. A homemade canvas floorcloth puts pattern at your feet—without bringing your budget to its knees. Yes, you *can* do it yourself! *Floorcloth how-to page 78.*

FIRE UP. Painted and simply leaned against the wall, an old fireplace surround warms any room with architectural romance—instantly. Look for similar ones at antiques shops and flea markets.



Summery furnishings open up a tiny dining room.

TAKE A BREATHER. Open space is essential to any successful scheme, so don't worry about filling every bit of the room.

BREAK THE RULES. Instead of the expected dining pieces, an outdoor table and grid chairs make perfect, summer-house companions to the living room furnishings. Bonus: they're easy to find, small in scale, low in cost.

HANG IN THERE. Bright posters play up the color scheme with images that enhance that peaceful, easy feeling. Busy? You can order the posters—framed!—from a mail-order catalog.

Buying information, page 158.

continued on page 74

PHOTOGRAPHS: PERRY STRUSE. DESIGN: DENISE L. CARINGER



BREEZY STYLE

What could be simpler—and foster a spacious look better—than white walls, airy wicker, and summery cabana stripes?

QUESTION

"I like decorating with the things we collect, but our place is looking more like a flea market than a home. How can we pull things together?"



ANSWER

Start by paring your collectibles so that one mood prevails, then group related items for maximum decorative impact.



Antiques charm a basic bungalow.

GO ON A DESIGN DIET. Don't try to live with everything you own or love—especially if you *love* everything! Instead, decide on a mood, summon your willpower, and weed out things that no longer fit. Here, the unassuming beauty of handcrafted pieces is the tie that binds.

PUT ANTIQUES TO WORK. When space is tight, you can't afford to merely display antique furnishings. More than pretty faces, these dining room chairs, walnut table, and storage pieces earn their keep—every day.

KEEP THE BACKGROUND SIMPLE. Plain painted walls, instead of busily patterned ones, showcase each prized collectible.

GET ORGANIZED. Group companion pieces, instead of spreading them around. Just inside the front door, an extended family of treasured quilts abides happily within a painted quilt cupboard. The result? Cohesiveness—not clutter.

continued on page 76



A stunning lineup of quilts welcomes all who enter.

PHOTOGRAPHS: BARBARA MARTIN; FIELD EDITOR: MARY ANNE THOMSON



COZY STYLE
An aged work-table plays host to antique chairs. Above the pie safe, pewter plates and earthy jugs make a strong but succinct statement.

QUESTION

"We bought an old bungalow for its cozy character, not its size. How can we make the small living room comfortable and homey without its appearing overstuffed?"



ANSWER

Relax with these tried-and-true decorating tactics:

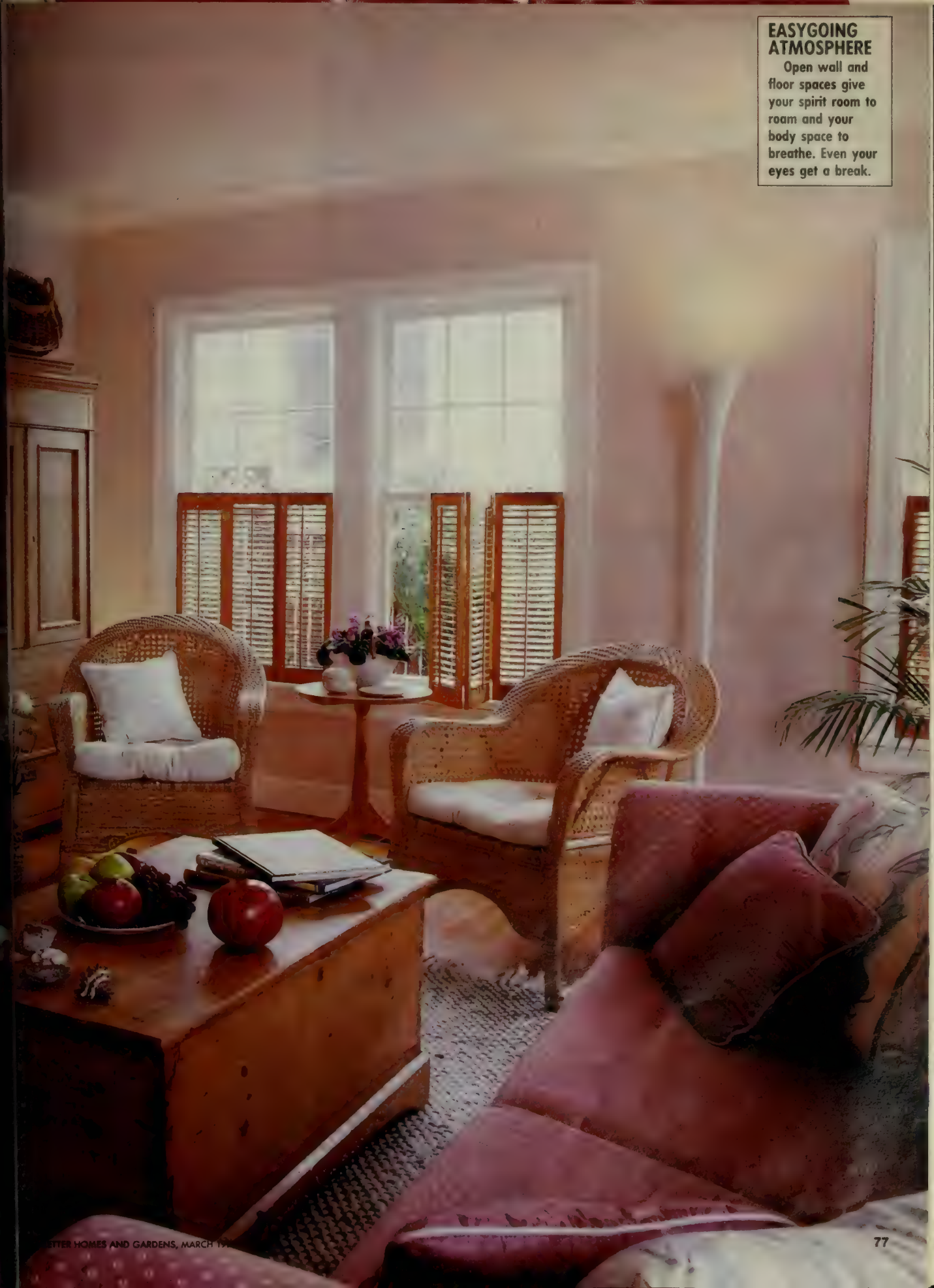
- **LIGHTEN UP.** Keep things airy with white walls, a slim pedestal end table, and wicker chairs that you can see through—and *under*.
- **REACH FOR THE CEILING.** Point the way up, and you'll be less likely to see the limited floor space below. An armoire corrals clutter and, like the torchère's beam, raises your sights.
- **BE A SHUTTER BUG.** Unlike heavy draperies or curtains, natural shutters provide privacy and cottage charm without intruding on space.
- **GO WITH THE FLOW** of space and light. This open-arm chair and leggy table offer vintage style without walling things up.



Airy furniture maintains a spacious look.

PHOTOGRAPHS LAURIE BLACK, ROSLYN BANISH/ARX. FIELD EDITOR BARBARA CATHCART

continued on page 78



EASYGOING ATMOSPHERE

Open wall and floor spaces give your spirit room to roam and your body space to breathe. Even your eyes get a break.

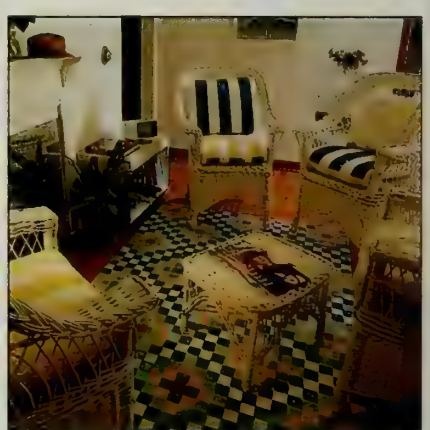
Spiffits
Moist Cleaning Towels
Glass Cleaner
Spiffits
Moist Cleaning Towels
Multi-Purpose Cleaner
Spiffits
Moist Cleaning Towels
Soft Scouring Cleanser
Spiffits
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Spiffits
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Bathroom Cleaner
Tough towels and powerful cleaners all in one.
Spiffits®
Cut the work down to a wipe.™
© 1989 DowBrands

continued from page 77

TO PAINT OUR FLOORCLOTH

Our "tiled" floorcloth is created by sponging 2-inch squares of acrylic color on artist's canvas. Follow these steps to prepare the canvas for sponging:

- **Purchase** a 57×97-inch piece of good-quality artist's canvas, gesso, one large tube of titanium white, and one small tube *each* of cerulean blue, cadmium yellow, and magenta acrylic paint. Or, substitute with paint colors that will unify your room.
- **Piece** together enough plywood to make a 59×99-inch stretcher. Staple the canvas onto the stretcher. Coat the canvas with gesso and allow it to dry. Diluting with water, cover the canvas with a thin coat of white acrylic paint.



Wake up your floor with a cheery canvas.

- **Place** the stretcher against a wall, blocking it up until it's level. Follow the chart (*opposite*). Find the canvas center (X). With a pencil and level, mark the starting lines (heavy lines on chart). Working outward, mark guidelines every 6 inches. (The chart includes only the central portion of the canvas. Continue the pattern outward in all directions until you reach the canvas edge.)

SPONGE ON THE 'TILE'

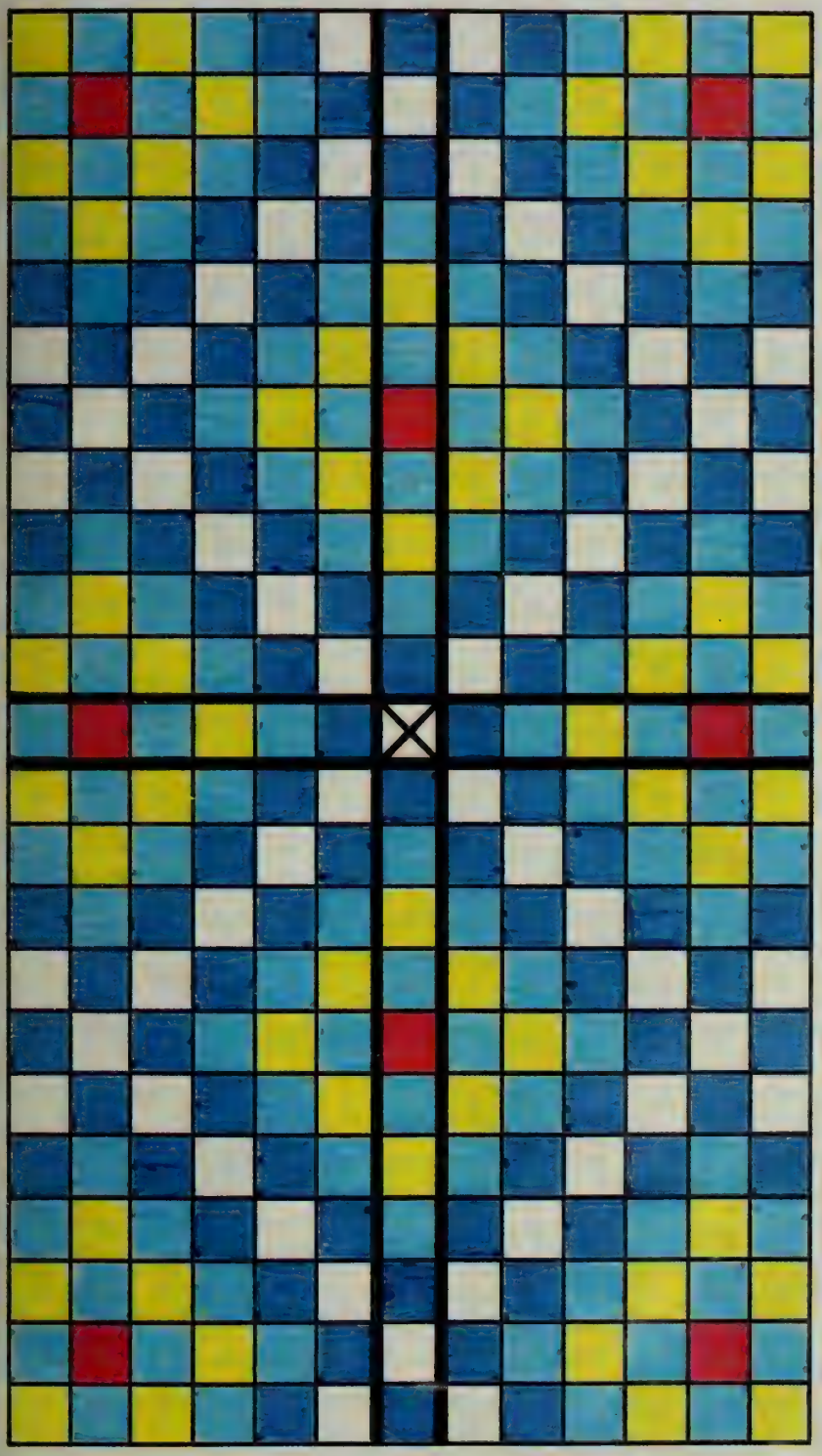
Follow the chart for colors. Use cerulean blue full-strength for the dark blue squares and a mix of cerulean blue with white for the light blue squares. To sponge the 2-inch squares:

- **Mix** a small amount of paint with water and a spoon on a plate (palette) until it's smooth and creamy.
- **Press** a dampened sponge measuring 2 inches square (when wet) onto paint and practice sponging on paper.

Working the chart from the center outward, press squares of color inside guidelines (skip white squares). Wash sponge and change colors as needed.

Coat the canvas with clear varnish; allow it to dry overnight. Remove the staples and trim the edges to within 1 inch of the painted edges. Turn the floorcloth over on stretcher without creasing it. Fold canvas edges back; press. Adhere edges with double-coated 1-inch-wide cloth carpet tape.

SQUARE SIZE = 2″





Spiffits®
Cut the work
down to a wipe.™



Why Our Special Teas Make Your Precious Moments Even More Precious.

Maybe it's the sweet essence of oranges when you're sharing a special moment with a friend. Or the pleasing aroma of fresh almonds at the end of a long day. Or the mellowness of the mint fragrance that swirls around your head after a delicious dinner. Whatever the occasion, every Lipton® Special Tea is made to make the moment more enjoyable.

And it isn't surprising why. The Lipton name has been synonymous with fine tea for 100 years. And for good reason: that elusive thing called quality—easy to say but so hard to achieve.

At Lipton, quality means there are no bargains when you buy your teas, herbs and spices. It means you pick them not because the price is right but because the flavor is right. Quality means you go to any part of the world to bring back the best. Fennel from Egypt. Chicory root from France. Cinnamon from China. Cloves from Madagascar. It means you spend extra time and attention every step of the way. And the end product is rather dramatic. A Special Tea you want to hold and savor.

Actually every flavor of Lipton Special Tea starts with such fine ingredients any one is bound to be your favorite. Some people have a devotion to Cinnamon Apple. Others are enamored with our Moonlight Mint. Still others have made best friends with Orange & Spice. But no matter which of our Herbal or Special Blend Teas you make your favorite, it's bound to make the special time you drink it more memorable.



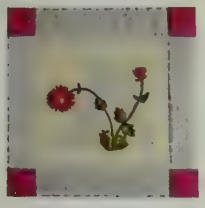
When You're Sipping Lipton You're Sipping Something Special.

Lipton

A GARDEN ALPHABET

To Appliqué And Embroider

BY JIM WILLIAMS AND JILANN SEVERSON



is for aster,
B is for bluebell.
Can you name the rest?
Stitch up a letter or two from our spring-time garden alphabet, or embroider the whole quilt as a lasting tribute to spring, fresh flowers, and gardeners everywhere.



INITIAL PILLOW

Two techniques, machine appliqué and hand embroidery, come together for an heirloom crafts project. Try your hand at one of these patterns, and you'll find you're hooked.

Instructions, page 90.
Buying information, page 158.

continued on page 82



Simple machine appliqué and elegant embroidery combine to illustrate each letter of the alphabet with a flower on this 72x84-inch quilt.

continued on page 84



continued from page 83

Scale down the size of the alphabet to enhance doilies, table linens, and pillowcases.

HOW-TO



IRON-ON APPLIQUÉ

Wonder Under Transfer Web gives any fabric an adhesive backing. Use it to position each letter on the square, then machine-zigzag around all edges.



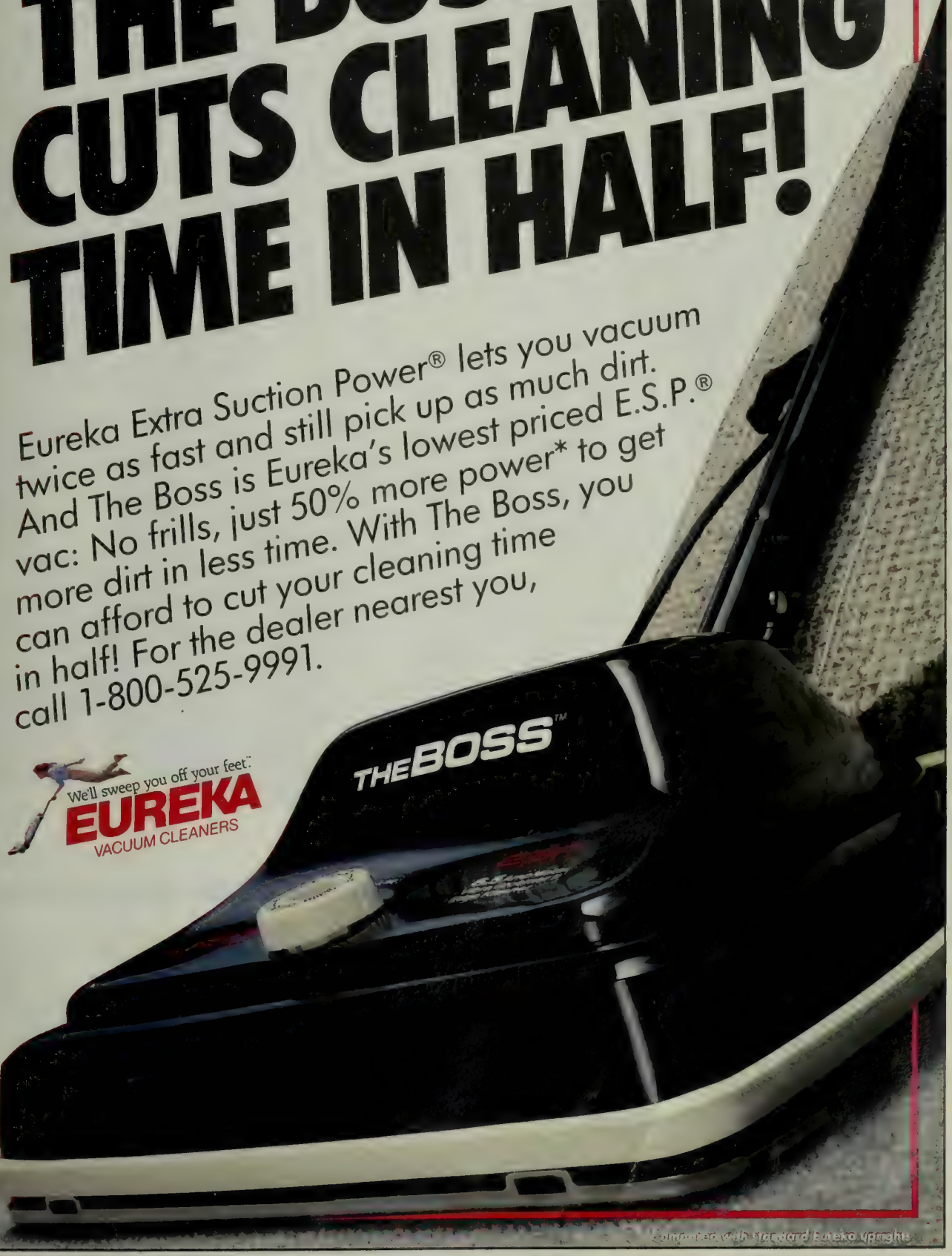
HAND EMBROIDERY

Transfer the floral outline to the letter square, then embroider the flower and leaves in floss with the appropriate stitches.

continued on page 86

THE BOSS™ CUTS CLEANING TIME IN HALF!

Eureka Extra Suction Power® lets you vacuum twice as fast and still pick up as much dirt. And The Boss is Eureka's lowest priced E.S.P.® vac: No frills, just 50% more power* to get more dirt in less time. With The Boss, you can afford to cut your cleaning time in half! For the dealer nearest you, call 1-800-525-9991.



We'll sweep you off your feet.™
EUREKA
VACUUM CLEANERS

*Compared with standard Eureka uprights

© 1989 The Eureka Company, a division of National Union Electric Corporation, Bloomington, IL 61701

continued from page 84

Machine-appliqué the alphabet to the squares, then embroider the floral designs one at a time. They're great take-along projects.

continued on page 90

GARDEN ALPHABET INSTRUCTIONS

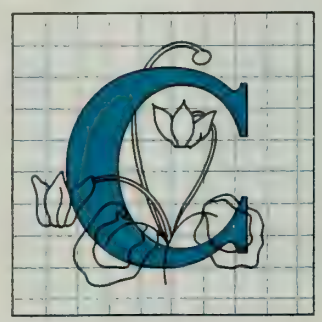
Enlarge patterns to 1 square equals 1 inch



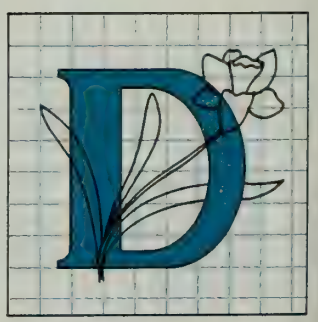
ASTER



BLUEBELL



CYCLAMEN



DAFFODIL

It's hard to smile when your teeth hurt.



Introducing T.C. Biscuits and T.C. Rawhide Strips from MILK-BONE®

Before your dog gets tooth and gum disease caused by plaque and tartar, start him now on new Milk-Bone T.C. Biscuits and T.C. Rawhide Strips. T.C. Biscuits are clinically proven to help fight tartar buildup above the gum line.

Put your dog on the Milk-Bone tartar control plan – with yearly visits to your veterinarian, reinforced by a daily diet of great tasting T.C. Biscuits and T.C. Rawhide Strips. They'll make it easy for your dog to smile, even if he does it with his tail.



TARTAR CONTROL

Discover a world of beautiful sale prices at the following Thomasville Gallery locations.

ARIZONA
Both Stores–*Breuners*
Lake Havasu City–*Chelsea House Furnishings*
Phoenix–*Lou Regester*
Sun City–*Freeds Fine Furnishings*

ARKANSAS
Fayetteville–*Dennis Home Furnishings*
Hot Springs–*Gary Thorson Furniture & Interiors*
North Little Rock–*Rye Fine Furniture Showroom*

CALIFORNIA
All 14 Stores–*Breuners*
Bakersfield–*Summer's West*
Bellflower–*Thompsons*
Covina–*Thompsons*
Fresno/Merced–*Slater's Furniture Galleries*
Fullerton–*Thompsons*
Irvine–*J. H. Biggar*
La Mesa–*La Mesa Furniture Co.*
Long Beach–*Carl's Furniture*
Napa–*Allen & Benedict Furniture*
Northridge–*Thomasville Gallery Store*
Pasadena–*J.H.Biggar*
Redding–*Walker's Furniture*
Sacramento–*McCreery's Furniture*
Salinas–*Packwoods Galleries*
San Anselmo–*Braverman's Furniture*
San Bernardino–*Thompsons*
San Diego–*Arnolds*
San Luis Obispo–*Davidson's Furniture*
San Ramon–*Interiors Unlimited*
Santa Rosa–*Pedersen's Furniture*
Temecula–*H. Johnson Furniture*
Upland–*Thompsons*
Vacaville–*Shock's Furniture*
Victorville–*Rodman Home Furnishings*

CANADA
Burnaby/Vancouver B.C.–*J. Collins Thomasville Gallery*
Ottawa, Ontario–*Cadieux, Ltd.*
Winnipeg,Manitoba–*Brick's Fine Furniture*

COLORADO
Colorado Springs–*Weberg Furniture*
Denver–*Harpers of University Hills*
Denver–*Weberg Furniture*
Littleton–*Weberg Furniture*

IDAHO
Boise–*Ennis Fine Furniture*

ILLINOIS
All Locations–*Colbys Home Furnishings*
All Locations–*Zierk's*
Barrington–*Richard Honquest Furniture*
Champaign–*Weberg Furniture*
Chicago–*Maurice Mandle and Co.*
Elgin–*Ackemanns Home Center*
Kewanee–*Good's Furniture*
Mt. Pulaski–*Stahl's Furniture*
Orland Park–*Darvin Furniture*
Peoria/Bloomington–*Lippmann's*
Rockford–*Rockford-Standard Furniture*
West Frankfort–*Coleman-Rhoads*

IOWA
Boone–*Redekers*
Cedar Rapids–*Kenwood House*
Coralville/Iowa City–*McGregor Furniture*
Newton–*Newton Furniture*
Spencer–*Matt Furniture Showcase*

KANSAS
Hays–*Keller Funiture*
Olathe/Kansas City–*Yates Thomasville Galleries*
Topeka/Lawrence–*Ed Marling's*
Wichita–*Horton's Furniture*

KENTUCKY
Bowling Green–*Brite Furniture Galleries*

LOUISIANA
New Orleans/Baton Rouge–*Kirschman's*

MINNESOTA
Albert Lea–*Brick Furniture*
Fountain–*Drury's*
Maplewood–*Suburbia Furniture*
Minneapolis–*Doherty Furniture*
Osseo–*Suburbia Furniture*
Waite Park–*Randys Furniture Gallery*
Willmar–*Lundquist Furnishings*
Woodbury–*Nelson Furniture Gallery*

MISSOURI
Cape Girardeau–*Sleepy Hollow Furniture Galleries*
Central Missouri–*Milo H. Walz*
Joplin–*Bob's Furniture Gallery*
Poplar Bluff–*Joe Hefner Furniture*
Springfield–*Mulhollan Furniture*
St. Joseph–*The Colony House*
St. Louis–*Carafiols Furniture*
St. Louis–*Carol House Furniture*
St. Louis–*DeBasio*
Vandalia–*Waters Furniture*

NEBRASKA
Crete–*Wanek's of Crete*
Omaha–*Nebraska Furniture Mart*

NEVADA
Both Stores–*Breuners*

NEW MEXICO
Albuquerque–*American Home Furnishings*

OKLAHOMA
Oklahoma City–*Mathis Brothers*
Tulsa–*J. Brophy & Sons*

OREGON
Beaverton/Lake Oswego–*Parker Furniture*
Bend–*Interiors International*
Medford/Grants Pass–*Joseph Winans*

SOUTH DAKOTA
Rapid City–*Freeds Fine Furnishings*

TENNESSEE
Bartlett–*Bartlett Home Furnishings*
Johnson City–*Zak's*
Knoxville–*Fowler's Furniture*
Leoma–*Story and Lee*
Memphis–*Samuels*
Nashville–*Sprintz Furniture*

TEXAS
Amarillo–*Texas Furniture*
Arlington–*Ware Thomasville Gallery*
Austin–*Gage Furniture*
Corpus Christi–*Braslau's Fine Home Furnishings*
Dallas/Ft. Worth–*McConnell's Thomasville Gallery*
El Paso–*Weberg Furniture*
Garland/Lewisville–*Baker's Furniture*
Greenville–*Reep's Furniture*
Houston/Bryan–*Star Furn. 5 Galleries*
Killeen–*Aladdin House Furniture*
Lubbock–*Spears*
McAllen–*LFD Home Furnishings*
Nederland–*Fowler's Furniture & Design Gallery*
San Angelo–*Shepperson's Furniture*
San Antonio–*Dianne Flack Furniture & Design Studio*
San Antonio–*Stowers Furniture*
Tyler–*Murphy's Furniture Gallery*
Victoria–*Stimson Furniture Co.*

UTAH
Murray–*Master's Thomasville Gallery*

WASHINGTON
All Locations–*Greenbaum Home Furnishings*
Olympia–*Selden's Fine Home Furnishings*
Richland–*Ennis Fine Furniture*
Seattle–*Olsen Furniture*
Spokane–*Spears Furniture*
Tacoma–*Schoenfeld Furniture*
Tacoma–*Selden's Furniture & Carpet*
Yakima–*Schultz Furniture*

WISCONSIN
Green Bay/Oshkosh–*Snider Daanen Furniture*
Milwaukee–*Colder's Furniture*
Milwaukee–*Kunzelmann Esser*

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Beautiful furniture, beautifully made.™



Where Old World elegance meets New World ambience.

The look of 18th-century elegance is born afresh in Thomasville's Fisher Park Collection. The spirit of Old World English craftsmanship is apparent in the way the radiant highlights of our selected pecan woods have been accentuated by careful hand rubbing. In the sheer grace captured in every curve and carving. And in the rich feel wrought by gleaming brass hardware.

With its classic style and impeccable craftsmanship, Thomasville's Fisher Park Collection is truly making contemporary history.

To receive *Thomasville's Complete Guide to Fine Furniture Selection*, send a check for $3.00 to: Thomasville Furniture, Dept. 301B, Thomasville, NC 27360. And visit a Thomasville Gallery® soon. For the one nearest you, look under your state on the list at the left.



Thomasville®

Beautiful furniture, beautifully made™

Here's One Big Reason Why You Should Be In Church Next Week.



Your children. Whatever their ages, there's so much they can learn in church. Principles that will serve them well throughout life. And help them to be better human beings. Because our church is a place where positive life values find expression. Where the enduring love of God is taught. Where the nature of life and the meaning of happiness are conveyed through simple yet profound Bible stories.

That's why we're inviting you to join us in worship. So that your children can experience the love that only God can give. So please come.

Whatever your age, there's hope that you might learn something too, because Jesus cares for you.

Here's Hope.®

A message of life from Southern Baptists

*A national revival emphasis sponsored by Southern Baptists and the Home Mission Board. For more information write: Here's Hope, P.O. Box 7519, Atlanta, GA 30357

GARDEN ALPHABET QUILT AND PILLOW, pages 82–83

To order alphabet iron-on transfers, see page 167.

Materials: ***For quilt:*** 45-in.-wide fabric in following amounts: 2⅝ yd. pale green for blocks, 1 yd. blue floral for letters, 1⅜ yd. blue plaid for sashing strips, ¼ yd. magenta for sashing blocks, 2½ yd. blue for border, 4½ yd. for backing; 2 yd. Wonder Under Transfer Web; 8 yd. purchased or self-made piping; 76×88-in. batting; 2½-in.-wide orange bias binding to fit.

For pillow: 10×10-in. square pale green for block; 8×8-in. square blue floral for letter; four 2½×10-in. strips blue plaid for sashing; four 2½×2½-in. magenta squares for corners; 14×14-in. backing; 1⅝-yd. purchased or self-made piping; pillow form to fit.

For both: chalk; water-erasable or fade-out marker; matching thread.

For embroidery: DMC floss in following colors: *Greenery (unless otherwise noted):* No. 469 avocado, No. 470 light avocado, No. 471 very light avocado, No. 937 medium avocado.

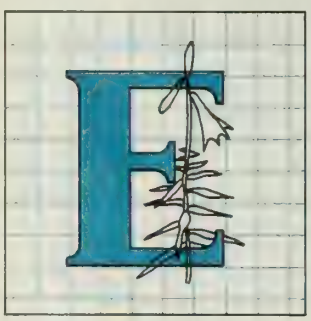
A-Aster: No. 734 light olive green; No. 973 bright canary; No. 718 plum; No. 600 dark cranberry; No. 602 medium cranberry; No. 604 light cranberry.

B-Bluebell: No. 826 medium blue; No. 827 very light blue; No. 340 periwinkle blue; No. 334 medium bay blue.

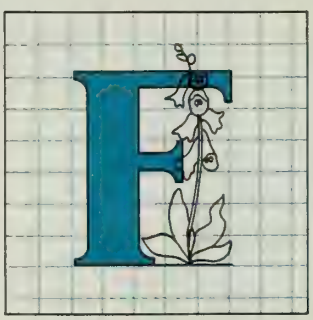
continued on page 92

A GARDEN ALPHABET

continued from page 86



EASTER LILY



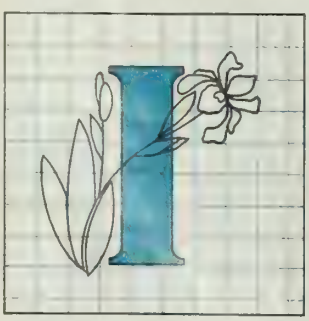
FOXGLOVE



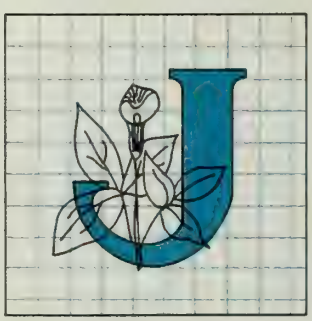
GERANIUM



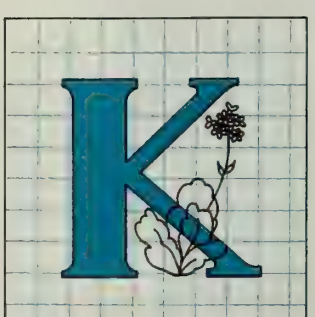
HYACINTH



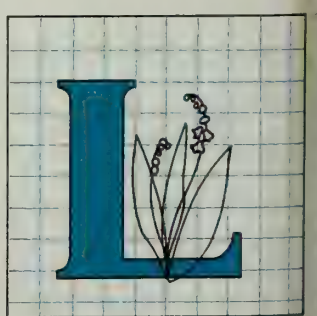
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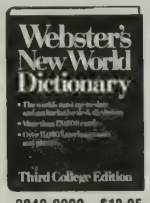
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CLASSY KITCHEN BUMP-OUT

ROUND IT OUT IN HIGH STYLE

Remember when eating in the kitchen meant a quick, haphazard venture? Not in today's new eating areas. This bump-out stretches the kitchen out *and* up to scoop in the family for relaxing repasts.

HIGH, ROUND, AND HANDSOME

Homeowner and interior designer Joyce Kelly teamed with architect Linda Searl to design a casual but classy dining nook in this add-on space, emphasizing light, backyard views, and architectural interest.

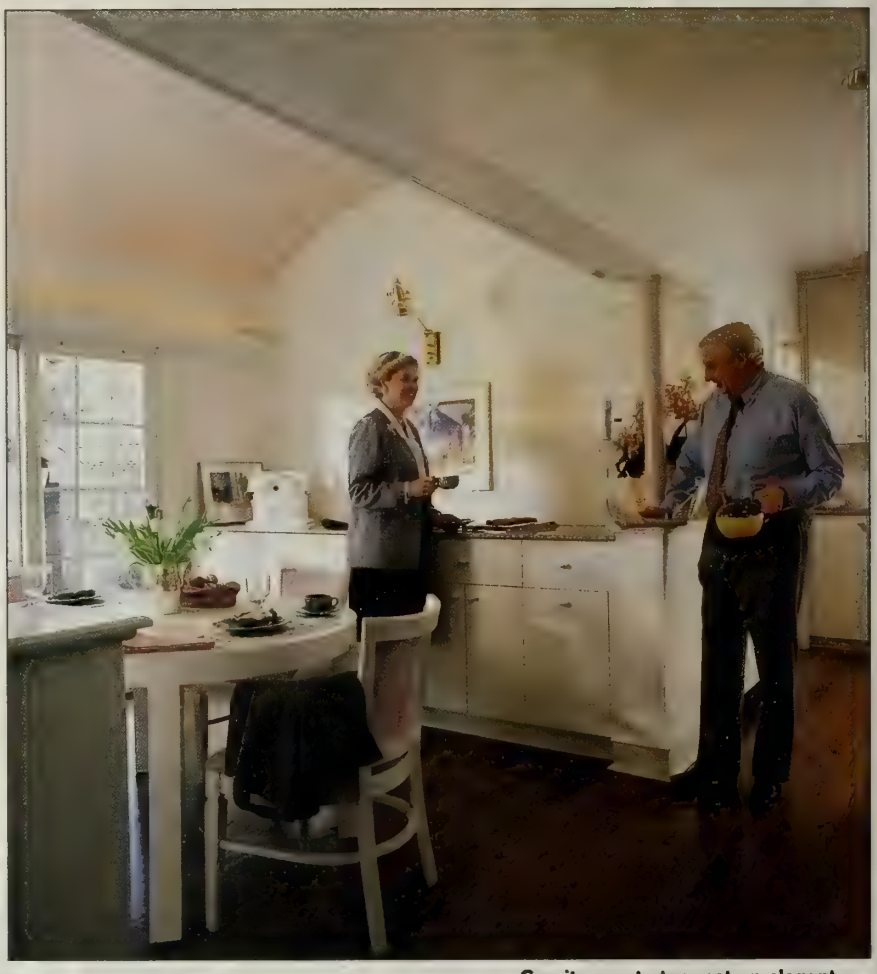
Linda included four homeowner favorites with a barrel-vaulted ceiling, small-pane windows and doors, dramatic uplighting, and a granite-countered work area with storage—in this case, base cabinets with a topside grill.

Joyce demonstrated her design savvy by blending the new and existing spaces with architectural details and color: the granite-inspired scheme of rose, mauve, and gray, offset by white paint and laminate.

ELEGANT DETAILS

Notice how the bump-out's support columns, table and chairs, and the cabinet pulls repeat the graceful curve of the ceiling. Joyce also retopped her kitchen peninsula with granite to match the new grill counter—but with a curved end to echo the barrel vault.

Sunlight finds the eating area by day through the mullioned windows and doors. Swivel brass wall lamps over the table and grill counter spotlight activities or paintings. For quiet dinners, cove uplighting on dimmers and candlelight set a mellow mood. Outdoors, tree spotlights transform the space into an elegant café.



Granite countertops set an elegant color scheme of rose, mauve, gray, and white in the new and old spaces.



Indirect cove lighting on the gracefully vaulted ceiling creates a mellow mood for casual dining on hazy days and evenings.



Even the pulls on the cabinetry echo the rounded ceiling in the bump-out.

Photographs: Wm. Hopkins. Architect: Linda Searl. Design: Joyce Kelly. Regional editor: Margaret Ann Fowler



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DECORATING

BY-THE-YARD ELEGANCE

A WEALTH OF IDEAS FOR A BEDROOM THAT PAMPERS

Plentiful pattern, precious-but-few furnishings, and a fresh approach to furniture arranging give this modern-day guest room old-world charm. It may be regal in appearance, but this room's riches aren't out of reach.

ACHIEVABLE ELEGANCE

Want to put your rooms in the lap of luxury? Take some tips from interior designer Stephen O'Brien of Alexandria, Virginia. To give his guest room evening-gown elegance, he relied on a rich imagination and a tasteful amount of refined elements. The chosen few items include a carefully coordinated grouping of jewel-tone fabrics, a bit of polished wood, a touch of gilt on painted frames, and golden sisal carpet. The result is a space that evokes the look of a fine, old European hotel—without the high room rates.

BUILDING A NEST

Faced with a boxy space, Stephen wanted to add a bit of architectural oomph to the place. His solution? The bed's lush-as-a-flower-garden, diagonal drapery treatment sets this room apart from other bedrooms with matching bedspreads and curtains. Nestled into a corner of the modest 13×9-foot room, the sleep spot has all the presence of a canopied four-poster.

The bed's generous draperies are mounted on thin brass drapery rods attached to a 1×2-inch piece of pine that's bolted to the ceiling and runs the diagonal of the bed. The scalloped valance was simply attached to the wood strip with hook-and-loop fastening tape. To complete the ensemble, a plump duvet, bed skirt, and quilted pillow shams pamper with yet more lushness.



Yard after yard of blooming, richly hued chintz fabric transforms the corner of a nothing-fancy room into an elegant oasis.

The on-the-bias bed dressings not only give the nothing-special space architectural grandeur, but the bed's unexpected placement also leaves room for other furnishings. Two old-favorite armchairs—revived with crewel fabric—lend the small room suite style. Then, having saved decorating dollars on the do-it-yourself bed "frame," Stephen splurged on a classic bureau that will neither wear out nor go out of style. BHG

Regional editor: Eileen A. Deymier

PHOTOGRAPH: MAXWELL MACKENZIE. DESIGN: STEPHEN O'BRIEN

The more you know about your dog's day, the less you'll want to feed him supermarket pet food.



6 am: Sleeping and storing energy.



7 am: Dog needs to utilize energy stored during sleep.



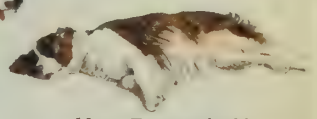
8 am: Eating a balanced breakfast.



9 am: Requires fats in the diet to provide sustained energy.



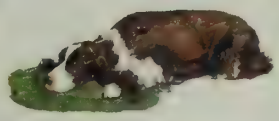
10 am: Nature calls. Smaller stool means more nutrients absorbed by dog.



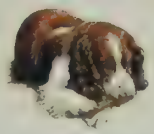
11 am: Tissues rebuild during naptime



NOON: Vitamins in diet help clear eyes to spot mailman.



1 pm: Recharging batteries while sleeping.



2 pm: A healthy reward: Iams Biscuits.



3 pm: Needs fatty acids and proteins for thick, healthy coat.



4 pm: A pre-dinner nap.



5 pm: Greeting the troops

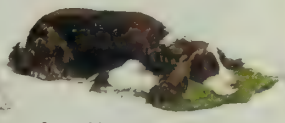


6 pm: Needs balance of nutrients and fatty acids to keep nose and footpad leather pliable.

7 pm: Dinner should contain quality meat protein.



8 pm: Energy needs to be kept at optimal level.



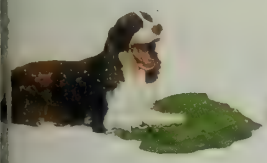
9 pm: Nutrients replenish energy while sleeping.



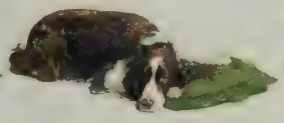
10 pm: Good muscle tone achieved through good nutrition



11 pm: Provides fiber which aids in proper digestion.



MIDNIGHT: In for the night.



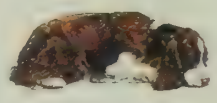
1 am: Most dogs sleep eleven hours a day.



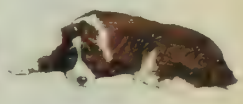
2 am: Nutrients repair muscles during sleep.



3 am: House patrol



4 am: Proper diet provides amino acids and minerals for bone growth.



5 am: Let sleeping dogs lie.

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MIXING BUSINESS WITH PLEASURE

A HOME OFFICE THAT WORKS AND COMFORTS

A comfy home office like this offers a fringe benefit—you'll enjoy going to work! Here's what makes this space a personal triumph.

STRUT YOUR STYLE

Unlike a corporate workplace, a home office doesn't limit your personal input to a mug. When Lucy Martin set out to make this office from a bedroom, she chose to keep the room as warm and friendly as the rest of her home. Her second requirement was that the office work—that it be efficient and uncluttered. Here's how she proceeded:

- **Personalize the basics.** Lucy ignited the room with bold red paint, then kept it in check with white trim. Track lights and a light-gray commercial carpet add brightness.
- **Keep it clean and simple.** Laminate surfaces create fuss-free desk and countertops. For storage needs, a system of built-ins accommodates. Plate rails show off mementos and clear the desk. A bonus: You can enjoy an evolving gallery of art and awards without putting holes in the walls.
- **Be offbeat with accessories.** A wooden money changer holds paper clips and other small items, while old canisters offer an unusual home to pencils and such. A wing chair dressed in snappy red-and-white chintz is a comforting surprise in office seating.
- **Pull it all together.** The quilted accents—from animals to pillow cushions—play up the crisp red-and-white scheme and lend a warm, anything-but-workaday look to the room.

A PRIVATE NOOK

Near the main desk, another work spot (this one made by laminating an old door) is flanked by shelves and a bulletin board to create a more intimate space for personal correspondence—or a quick snack. BH&G



PHOTOGRAPHS: STEPHEN CRIDLAND REGIONAL EDITOR: CATHY HOWARD

When this owner needed a place to call home office, she comandeered a guest room—with style.



The room's nooks now embrace cozy workstations that help keep this home-worker organized.

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BY REBECCA JERDEE

PUTTING THE SOFT TOUCH IN CONTEMPORARY STYLE



The welcome feeling of this small space flows from warmed-up walls, touch-me furnishings, and pleasing pictures.

When it was born, contemporary design stood for uncluttered calm, cool white walls, and minimal furnishings. Now that the style is growing up, contemporary rooms are breaking the rules and mellowing out.

Although the design of this living room stems from a minimalist modern discipline, it speaks in a gentler voice. Structurally, the room's sleek walls, streamlined windows, and bare-bones architecture attest to its Spartan roots. But, decoratively speaking, it says, "Come on in, pull up a chair, relax for a moment."

SOFTENING THE HARD EDGES

Is it time to de-ice your cool, contemporary scheme? Melt down with these warm-ups:

- **Accent with light.** Here, a tall lamp cameos the architectural print and sends warm rays about the room. Pale pleated shades in light textures soften once uncovered windows.
- **Toast with color.** Instead of chilly white paint with a bluish cast, brush your walls with a creamy color and watch the natural light set it aglow.
- **Touch with texture.** In contrast to the standard chrome-and-leather look, put nubby weaves on sofas and chairs. These seating pieces anchor the room, giving out sensations of nature by way of their rough textures, durable fabrics, and down-to-earth colors. A bonus: Woven textures hide heavy use, so you can relax when you sit down.
- **Round out with art.** A sense of history comforts a room, so don't be afraid to bring glimpses of the past to modern decor. With an eye to the past, these framed pieces transcend modernity. They bring classic forms to mind and add an architectural presence to the room.
- **Ease with plants.** Green plants naturally soothe and soften the edges of any room, but never more successfully than in a modern one. Here, they grace straight-lined furnishings and show their living profiles against a purist's backdrop.

Photograph: Antoine Bootz
Design: Gail Green


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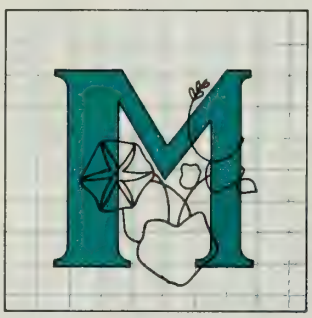
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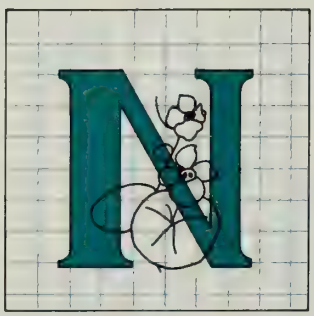
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A GARDEN ALPHABET

continued from page 90



MORNING GLORY



NASTURTIUM

C-Cyclamen: No. 600 very dark cranberry; No. 602 medium cranberry; No. 321 Christmas red; No. 304 medium Christmas red; No. 732 olive green and No. 610 very dark drab brown for stems; No. 320 medium pistachio green and No. 369 very light pistachio green for inner leaves; No. 319 very dark pistachio green and No. 987 dark forest green for outer leaves.

D-Daffodil: white; No. 712 cream; No. 745 light pale yellow; No. 740 tangerine; No. 742 light tangerine; No. 744 pale yellow.

E-Easter lily: white; No. 712 cream; No. 745 light pale yellow; No. 987 dark forest green and No. 469 avocado green for leaves.

F-Foxglove: No. 893 light carnation; No. 894 very light carnation; No. 353 peach flesh; No. 744 pale yellow; No. 745 light pale yellow; No. 3688 medium mauve for centers.

G-Geranium: No. 606 bright orange red; No. 321 Christmas red; No. 498 dark Christmas red; No. 743 medium yellow for centers.

H-Hyacinth: No. 333 dark periwinkle blue; No. 340 periwinkle blue; No. 341 light periwinkle blue; No. 208 very dark lavender; No. 327 dark antique violet for centers.

I-Iris: No. 742 light tangerine; No. 744 pale yellow; No. 552 dark violet; No. 554 light violet; No. 550 very dark violet; No. 471 very light avocado green and No. 503 medium blue green for leaf embroidery.

J-Jack-in-the-pulpit: No. 472 ultra light avocado green and No. 3348 light yellow green for inside; No. 834 light golden wheat for Jack; No. 470 light avocado green, No. 732 olive green, and No. 221 dark shell pink for outside; No. 3345 dark hunter green, No. 3347 medium yellow green, and No. 470 light avocado green for leaves; No. 471 very light avocado green for veins.

K-Kalanchoe: No. 972 deep canary for centers; No. 606 bright orange red; No. 608 bright orange; No. 3345 dark hunter green, No. 3347 medium yellow green, and No. 935 dark avocado green for leaves.

L-Lily-of-the-Valley: white; No. 712 cream; No. 745 light pale yellow.

M-Morning glory: No. 743 medium yellow for center; white for outer center; No. 747 very light sky blue for stripes; No. 518 light wedgewood; No. 519 sky blue.

continued on page 95

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continued from page 92

N-Nasturtium: No. 221 dark shell pink for centers; No. 972 deep canary for outer centers; No. 970 light pumpkin; No. 608 bright orange; No. 606 bright orange red.

O-Orchid: No. 355 dark terra-cotta for centers; No. 600 very dark cranberry; No. 602 medium cranberry; No. 604 light cranberry.

P-Pansy: No. 743 medium yellow for centers; white and No. 712 cream for face; No. 310 black; No. 333 dark periwinkle blue; No. 340 periwinkle blue; No. 341 light periwinkle blue.

Q-Queen Anne's lace: No. 550 very dark violet for centers; white; No. 471 very light avocado for stems; No. 3345 dark hunter green and No. 3347 medium yellow green for leaves.

R-Rose: No. 899 medium rose; No. 776 medium pink; No. 818 baby pink; No. 819 light baby pink.

S-Sunflower: No. 433 medium brown and No. 435 very light brown for centers; No. 734 light olive green for outer center; No. 972 deep canary; No. 742 light tangerine; No. 973 bright canary.

T-Tulip: No. 600 very dark cranberry; No. 602 medium cranberry; No. 604 light cranberry; No. 605 very light cranberry; No. 818 baby pink; No. 503 medium blue green; No. 504 light blue green; No. 524 light olive drab; No. 472 ultra light avocado green for leaves and stem.

U-Uvularia: No. 973 bright canary; No. 743 medium yellow; No. 745 light pale yellow.

V-Violet: No. 742 light tangerine for centers; white for face; No. 333 dark periwinkle blue; No. 552 dark violet; No. 554 light violet.

W-Wisteria: No. 554 light violet; No. 208 very dark lavender; No. 210 medium lavender.

X-Xeranthemum: No. 972 deep canary and No. 743 medium yellow for center; No. 310 black for dots; No. 600 very dark cranberry; No. 602 medium cranberry; No. 604 light cranberry; No. 3347 medium yellow green; No. 3345 dark hunter green and No. 895 dark Christmas green for leaves.

Y-Yarrow: No. 977 light golden brown; No. 742 light tangerine; No. 743 medium yellow.

Z-Zinnia: No. 433 medium brown and No. 435 very light brown for centers; No. 734 light olive green for outer center; No. 608 bright orange; No. 606 bright orange red; No. 321 Christmas red; No. 347 dark salmon.

Instructions: Finished quilt size, approximately 72×84 in.; pillow size, approximately 14×14 in. Unless otherwise stated, sew with right sides of fabric together; measurements include ¼-in. seam allowances.

Blocks: *For quilt:* Cut thirty 10-in. squares from green. Cut 71 blue plaid sashing strips 2½×10 in. long. From magenta, cut 42 sashing squares 2½×2½ in. For blue border, cut 2 strips 6½×84 in. and 2 strips 6½×72 in.

For pillow: Use block, sashing strips, and sashing squares as listed for 1 quilt block.

Fuse transfer web to blue floral according to manufacturer's directions. Cut out desired letters. Peel paper backing from letter and fuse letter to center of green block. See photograph on *page 84* for details. *Note:* For quilt, there will be 4 empty corner blocks.

Machine-appliqué around each letter using tight, narrow zigzag (satin stitch).

continued on page 96

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Juicy Juice. 100% Juice for 100% Kids

A GARDEN ALPHABET

continued from page 95

Embroidery: Transfer embroidery design to each corresponding letter block. Outline flowers and leaves in outline or stem stitch, using colors listed. Fill in with long-and-short stitches or satin-stitch with remaining colors. Centers are usually French knots.

Note: Use listed colors to create shading and depth.

Quilt assembly: Place the 4 empty blocks at the corners of top and bottom rows. Arrange remaining blocks alphabetically in rows of 5 squares across and 6 squares down.

Pin sashing strips between blocks to form for horizontal rows; sew.

Piece remaining sashing strips into rows with sashing squares between each strip. See *page 82* for details.

Sew rows of sashing strips and rows of blocks together to form quilt top.

With raw edges even, baste piping to edges of pieced quilt top.

Sew borders to quilt top, trimming to fit and mitering corners. Sandwich quilt top, batting, and backing; trim all layers evenly around edges. Machine-quilt along all seams on pieced top and along piping. Bind with bias binding.

Pillow assembly: Prepare pillow front same as for 1 quilt block. With raw edges even, baste piping to front. Sew backing to front leaving 1 side open. Insert pillow form; slip-stitch closed.

continued on page 99



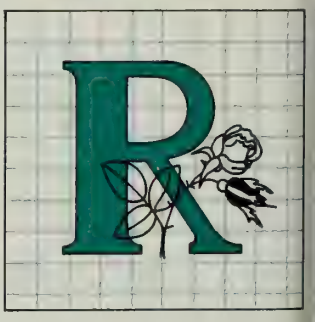
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It leaves frozen entrees cold.

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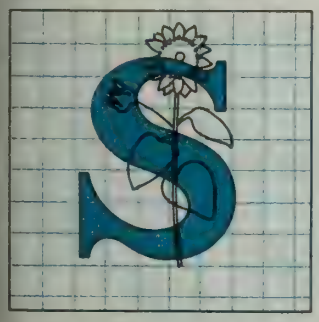
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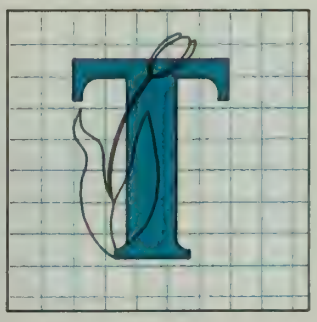
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A GARDEN ALPHABET

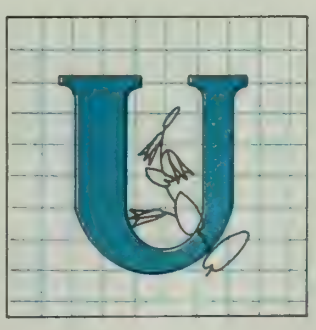
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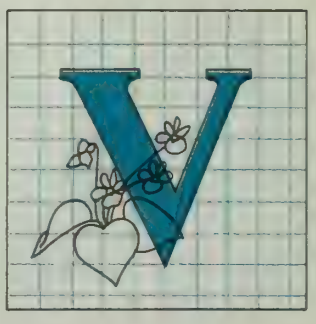
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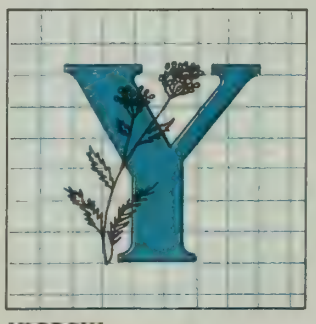
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GREAT TO GROW

Vegetables in our cook's garden pass the *BH&G*® test: great flavor, versatility, space efficiency, and pest resistance. *For a list of our favorite vegetable varieties, see page 106.*

THE Cook's Garden

GOOD EATING FROM THE GOOD EARTH

BY JANE AUSTIN McKEON

What's cookin' in the garden this year? Better Homes and Gardens® *food and garden editors teamed up taste buds and trowels to show you that good eating and healthful living starts with fresh-from-the-earth, homegrown produce. Our complete gourmet garden of spring and summer vegetables will get you growing.*

continued on page 102

GARDEN RECIPES



Be sure to watch for our June and July issues when we feature a harvest of great recipes prepared with vegetables grown in the cook's garden.



COLORFUL CROP

Red Leprechaun lettuce is as pretty in the vegetable garden as it is on the plate. Amazingly tolerant of warm spells, this tasty romaine led a charmed life in our spring garden.

Spring VEGETABLES



BASKET BANQUET

Our basket of springtime-fresh salad crops and edible flowers includes lettuce, onions, pansies, calendulas, chives, violas, and nasturtiums.

continued from page 101



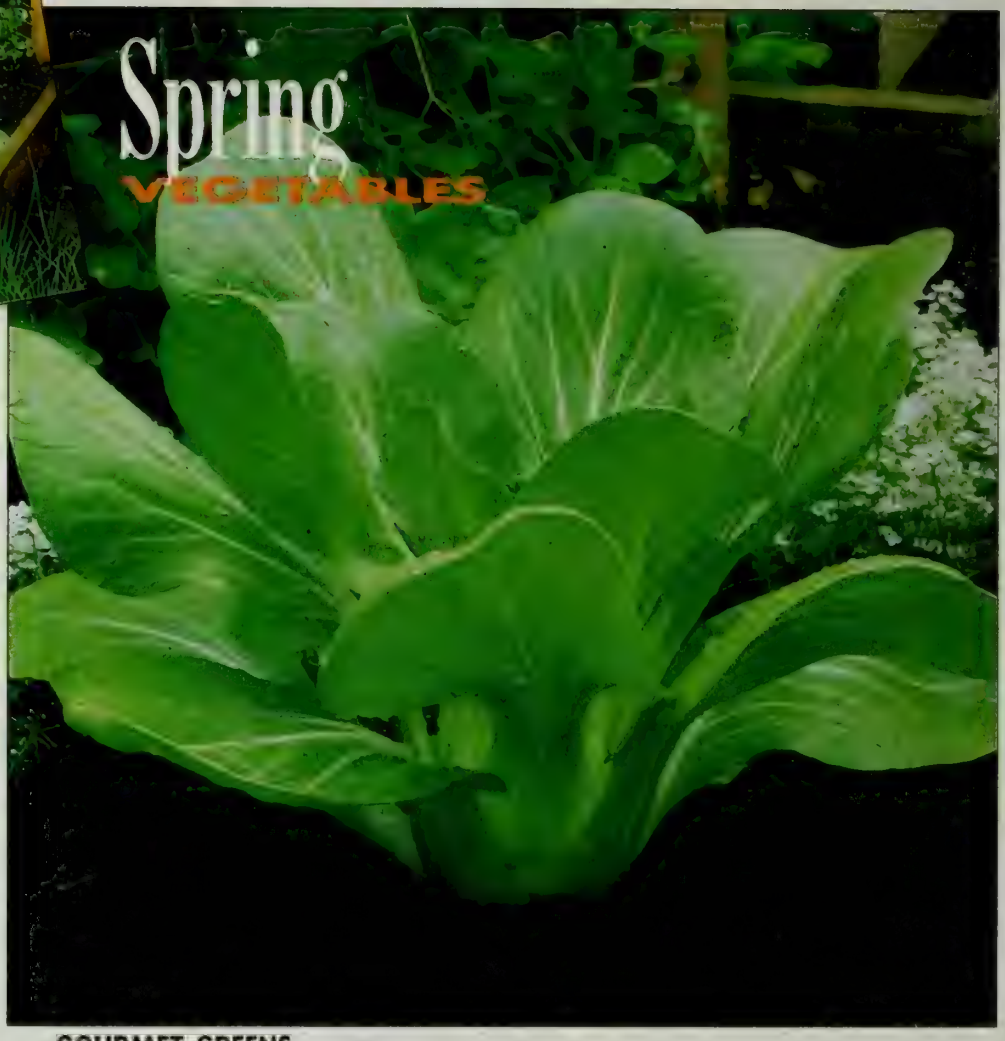
Spring VEGETABLES

SPRING SALAD SENSATION

Our 5 × 10-foot salad garden tosses together six lettuce varieties, pakchoi, broccoli, cabbage, and peas. To get a jump on the season, we start crops in March in our greenhouse and transplant them outdoors in April.

For good germination, we always soak peas in water overnight, then space them so they're almost touching in a 1-inch-deep trench.

To order a Gourmet Garden for Spring, see page 167.



GOURMET GREENS

Enticingly exotic, Mei Qing Choi pakchoi produces 6-inch V-shape heads. This tiny Chinese cabbage offers connoisseurs crunchy stalks and sweet, succulent leaves.

continued on page 104

HARVESTING TIPS

- Beans: Pick snap beans when thin, before seeds show through pods.
- Broccoli: Cut heads while florets are tightly closed and dark green.
- Cabbage, pakchoi: Harvest heads when firm and softball size. Pick pakchoi before plants bolt in heat.
- Carrots: Pull when bright orange in color. Harvest only what you need—mature carrots keep well underground.
- Cucumbers: Harvest picklers at 4 to 5 inches long; pick slicers before the fruits start to turn yellow.
- Eggplant: Pick fruits when 3 to 7 inches long, while skin is glossy.
- Lettuce, spinach, chard: Harvest in the morning when leaves are sweetest.



To let smaller side shoots develop, cut broccoli just below the point where the stem and central head meet.

- Onions, leeks: Pull some as babies or scallions; let the rest mature.
- Peas: Pick snow peas before pods swell. Allow sugar snap and shelling peas to fill the pods.
- Peppers: Pick bell types when full size and glossy green; allow some to ripen to final red, orange, or purple color. Harvest hot peppers when red.
- Squash: Harvest summer squash when small: scallop types, 3 or 4 inches across; elongated types, 6 to 8 inches long. Always try to pick winter varieties when stems and rinds are hard.
- Tomatoes: Pick fruits when fully colored and firm.



IIT SLAW Apple slices and shredded uit tossed in honey-mayonnaise.



SLICED BEET SALAD With a Dijon vinaigrette dressing.



ORANGE CARROT SALAD Shredded carrots, raisins and almonds with lime vinaigrette.



ICED FRUIT PLATE Fresh, perfectly ced and served with ginger dressing.



COMPOSED SALAD Shrimp, ham or turkey with shredded and sliced vegetable garnish.



PASTA PRIMAVERA Sliced fresh vegetables in pasta with light Italian dressing.

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continued from page 102





SUMMER GARDEN BOUNTY

Heat-loving crops in one corner of our summer garden would make an Italian chef's mouth water. Featured foods: tomatoes, basil, and squash. Marigolds, petunias, sanvitalia, and convolvulus brighten things up.

Because summer often brings drought to our midwestern garden, we mulch with cocoa bean hulls to conserve soil moisture.

To order a Gourmet Garden for Summer, see page 167.

FEAST FOR THE EYES

Oval yellow fruit on the compact Sun Drops summer squash are at home among flowers. The nutty-flavored fruit are fully mature when they're 3 or 4 inches in diameter, but we like to harvest some during the baby stage when blossoms are still attached.

continued on page 106

HOW TO GROW TERRIFIC TOMATOES



● Remove branches from the lower half of leggy plants. Lay each plant in a shallow trench. Gently bend the stem upward; fill trench with soil.

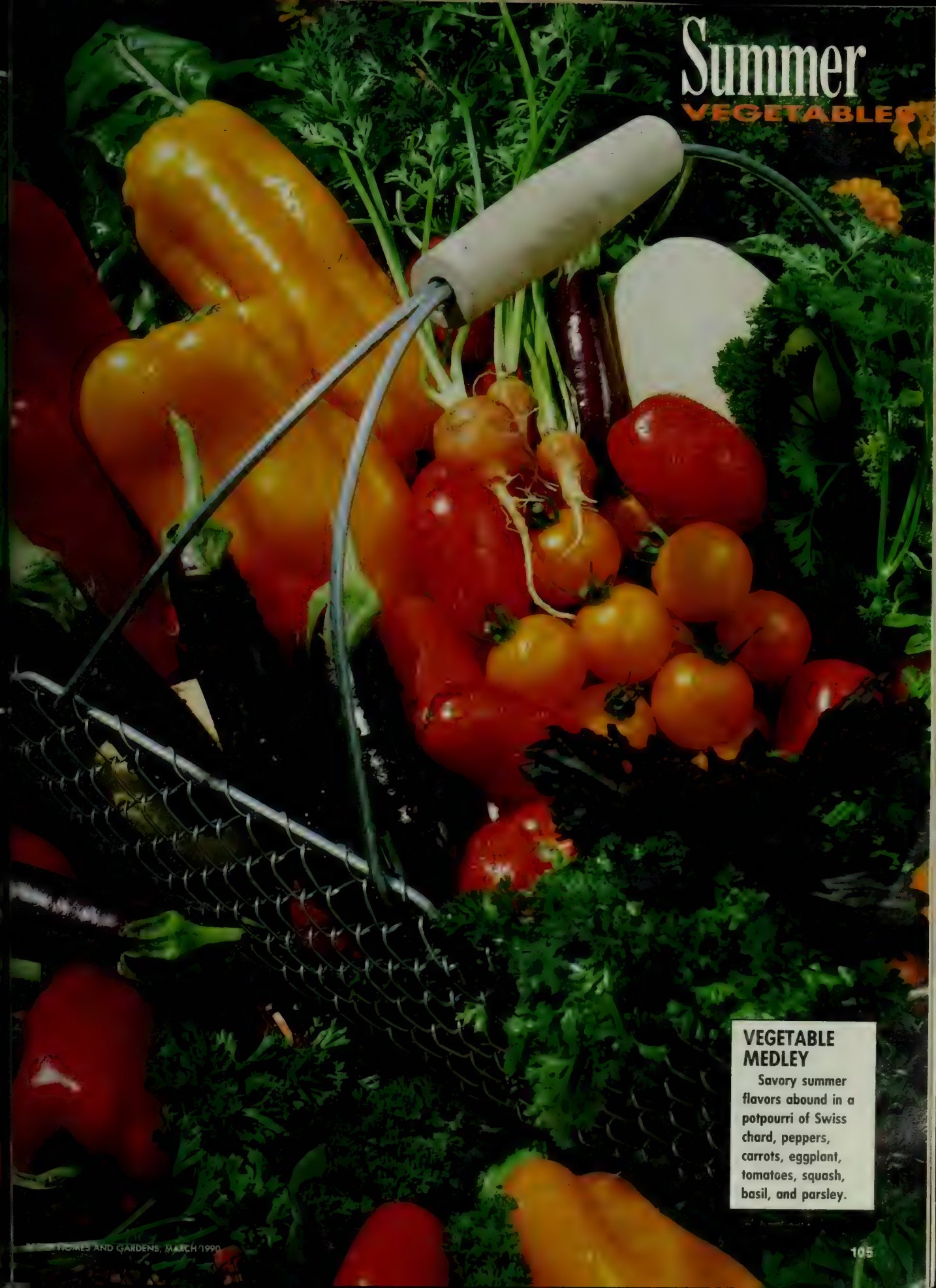


● Cover tomato row with synthetic garden fabric to discourage weed growth around plants. Cut an X in the fabric for each plant to grow through.



● Support each plant with a cage made of concrete-reinforcing wire. Mulch with cocoa bean hulls (*above*) or straw to keep soil evenly moist.

Summer VEGETABLES



VEGETABLE MEDLEY

Savory summer flavors abound in a potpourri of Swiss chard, peppers, carrots, eggplant, tomatoes, squash, basil, and parsley.

continued from page 104

Summer VEGETABLES

These favorite crops score high marks, both in the Test Garden and in the Test Kitchen.



MAMMOTH MELTING SUGAR PEAS

Sweetest at the moment they're picked, snow peas go straight from our garden to the dinner table.



SALAD BOWL LETTUCE

Red and green varieties of this ruffled lettuce complement each other in the garden and in a salad bowl.



RED RIDING HOOD LETTUCE

New to the salad garden scene, these delicate, red-tinged rosettes would make Grandmother proud.



CHELLO YELLOW TOMATOES

Full flavor and cheerful color join in this bite-size cherry tomato. Delicious by the handful.



LITTLE FINGERS EGGPLANT

Harvested at 3 to 7 inches long, elongated fruit on this unusual eggplant look like fat purple fingers. BH&G

CROPS TO SHOP FOR



Garden Editor Jane McKeon reaps the pleasures of homegrown vegetables.

SPRING VARIETIES

- Broccoli—Green Dwarf, White Sprouting
- Cabbage—Spivoy
- Carrots—Caramba, Planet
- Lettuces—Buttercrunch, Green Salad Bowl, Little Gem, Lollo Rossa, Red Leprechaun, Red Riding Hood, Red Salad Bowl, Royal Oakleaf
- Onions—White Lisbon
- Pakchoi—Mei Qing Choi
- Peas—Mammoth Melting Sugar, Novella, Sugar Snap
- Spinach—Melody Hybrid

SUMMER VARIETIES

- Beans—Derby, Dragon Tongue, Royal Burgundy, Selma Zebrina, Vernandon Haricots Verts
- Cucumber—County Fair '87
- Eggplant—Little Fingers
- Leeks—Varna
- Pepper—Cadice, Lorelei, Quadrato D'oro, Super Cayenne
- Shallots—French
- Squash—Cream of the Crop, Sun Drops, Sunburst Hybrid
- Swiss chard—Paros
- Tomatoes—Chello Yellow, Dona, Roma, Sweet 100

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BY
NANCY BYAL
AND
LISA HOLDERNESS

LOW FAT AND LOVING IT

14 TOP CHEFS PROVE THAT LEAN IS LUSCIOUS



Join the lean bandwagon, and discover a wealth of new, satisfying dinners—even desserts. To help you lighten up, a team of nationally known chefs and food writers reveal their best low-fat recipes (no more than 30 percent of the calories in each recipe comes from fat). You'll feel at ease fixing any one of these family recipes because each dish relies on familiar ingredients and cooking methods. Best of all, you'll savor every bite along the way.

Buying information, page 158.
continued on page 110



Top food professionals of the ProjectLEAN team gathered at *Better Homes and Gardens*® magazine to cook up their healthful recipes.

PROJECTLEAN

Low-fat eating will be the norm in the '90s. A national campaign called ProjectLEAN (*Low-fat Eating for America Now*) is popularizing low-fat shopping, cooking, and dining tactics. Also, food companies and restaurants will provide tastier, leaner food choices.

The Henry J. Kaiser Family Foundation and 30 other leading health and food organizations back ProjectLEAN.

continued from page 109



PHOTOGRAPHS: SCOTT LITTLE AND PERRY STRUSE. FOOD STYLIST: JANET HERWIG



EL PASO PILAF

You need just one pan and 30 minutes to fix this fiber-rich, bean-and-rice main dish.

"When I develop recipes, I want them to look as delicious as they taste. Basic foods like corn, beans, and tomatoes paint this pilaf with warm, Tex-Mex colors. Stir in bottled salsa for zesty flavor."

—TOM NEY, Director of Rodale Food Center, Emmaus, Pa.

Recipes begin on page 128.

continued on page 112

CRISPY POTATO CHICKEN

First, smear mustard over the chicken, then smother with shredded potato. The tangy mustard adds snap to this crunchy, golden chicken.

"In New York, fried chicken is in, with one difference. It's not fried. Often the chicken is topped and baked with shredded potato for the crispy taste we love, without all the fat."

—JANE FREIMAN (incognito), Restaurant Critic, *New York Newsday,* New York, N.Y.





PAPAYA-CRAB QUESADILLA

Ever-popular quesadillas can have a healthful as well as tasty image. Serve this lightened-up version in wedges as an appetizer or whole as an entrée.

"When creating recipes for our restaurant, we take advantage of low-fat foods. For this menu favorite, we reworked a southwestern classic by relying on crab, papaya, and lean cheese."

—MICHAEL FRANKS with BILL DONNELLY, Chez Melange Restaurant, Redondo Beach, Calif.



continued from page 111

MANDARIN CHOW MEIN

This stir-fry makes a budget-wise meal. You can feed a family of three or four with a half pound of meat.

"A little chop chop, a few minutes in the wok, and you have dinner. I use instant noodles to save time; to save on fat, use less meat and more vegetables."

—MARTIN YAN, *Yan Can Cook* television show, Foster City, Calif.





Recipes begin on page 128.
continued on page 114

continued from page 113

CARAMEL APPLE TART

This lean version of Tart Tatin is made in a skillet, just like the original.



"At our culinary school, we were searching for the perfect low-fat pastry crust. When one of our chefs made his mother's ricotta cheese pastry, we knew it was a winner. Now we use this low-fat crust for our version of the famous Tart Tatin."

—Robert Briggs, The Culinary Institute of America, Hyde Park, N.Y.



CARAMEL APPLE TART

For the caramelized apples, start with white sugar in the skillet and watch it melt and turn golden as it cooks—

- **⅓ cup sugar**
- **1 Tbsp. margarine *or* butter**
- **6 medium tart baking apples such as Jonathan or Granny Smith, peeled, cored, and sliced (6 cups)**
- **½ cup low-fat ricotta cheese (4 oz.)**
- **⅓ cup sugar**
- **3 Tbsp. skim milk**
- **1 egg white**
- **2 Tbsp. safflower oil *or* cooking oil**
- **1½ tsp. vanilla**
- **Dash salt**
- **2 cups all-purpose flour**
- **2 tsp. baking powder**
- **Low-fat vanilla yogurt (optional)**

● **Place the first ⅓ cup sugar** in a 10-inch ovenproof skillet. Cook the sugar over *medium-high* heat till it begins to melt, shaking the skillet occasionally to heat sugar evenly. Reduce heat to *low* and cook till sugar is melted and golden brown (about 5 minutes more). Stir occasionally after sugar begins to melt. Add margarine or butter and sliced apples. Gently stir till apples are coated with the caramelized sugar. Cook, uncovered, for 8 to 10 minutes or till apples are crisp-tender.

● **Meanwhile, for the pastry,** in a large mixing bowl stir together the ricotta cheese, the remaining ⅓ cup sugar, the milk, egg white, oil, vanilla, and salt. Add the flour and baking powder and stir till just combined. Divide the pastry in half. On a lightly floured surface roll *half* of the pastry into a 10-inch circle. Wrap and freeze the remaining half of the pastry to use another time.

● **Carefully place the rolled pastry** atop the hot apples in the skillet. Press the pastry lightly to the edge of the skillet. Cut slits in the pastry for steam to escape. Bake in a 350° oven for 20 to 25 minutes or till crust is golden. Cool 10 minutes on a wire rack. Invert onto a serving platter. To serve, cut into wedges and dollop with yogurt. Makes 8 to 10 servings.

Nutrition information per serving: *200 cal. (18% from fat), 3 g pro., 39 g carbo., 4 g fat (saturated fat 1 g), 6 mg chol., 75 mg sodium, 142 mg potassium, and 2 g dietary fiber.*

continued on page 116



Look what your can of Campbell's® can do!



Make your baked potatoes tops.

POTATO TOPPERS MICROWAVABLE

BROCCOLI CHEESE POTATO TOPPER
In 1-qt. microwave-safe casserole, stir 1 can Campbell's Cheddar Cheese Soup/Sauce, 2 tbsp. sour cream and ½ tsp. Dijon mustard. Microwave on HIGH 2½ min., stirring once. Stir in 1 cup cooked broccoli flowerets; microwave 1 min. Spoon over split baked potatoes. 4 servings. (Pictured above)



CHILI BEEF POTATO TOPPER
In 1-qt. microwave-safe casserole, crumble ¼ lb. ground beef. Cover; microwave on HIGH 3 min. or until beef is no longer pink, stirring once. Drain. Stir in 1 can Campbell's Chili Beef Soup, ½ cup water and 1 tbsp. chili sauce. Cover; microwave 4 min. Spoon over split baked potatoes. Top with shredded Cheddar cheese. 3 servings.



ZESTY PIZZA POTATO TOPPER
In 1-qt. microwave-safe casserole, crumble ½ lb. Italian sausage, casing removed. Cover; microwave on HIGH 3 min. or until sausage is no longer pink, stirring once. Drain. Stir in 1 can Campbell's Zesty Tomato Soup/Sauce, ¼ cup water, 1 tbsp. grated Parmesan cheese, 1 tbsp. vinegar and ⅛ tsp. crushed red pepper. Cover; microwave 3 min. Spoon over split baked potatoes. Top with shredded mozzarella cheese. 4 servings.



NACHO POTATO TOPPER
In 1-qt. microwave-safe casserole, stir 1 can Campbell's Nacho Cheese Soup/Dip and ¼ cup milk. Cover; microwave on HIGH 2 to 3 min. Spoon over split baked potatoes. Top with sliced green onion and chopped tomato. 4 servings.



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M'm! M'm! Good!®

continued from page 114

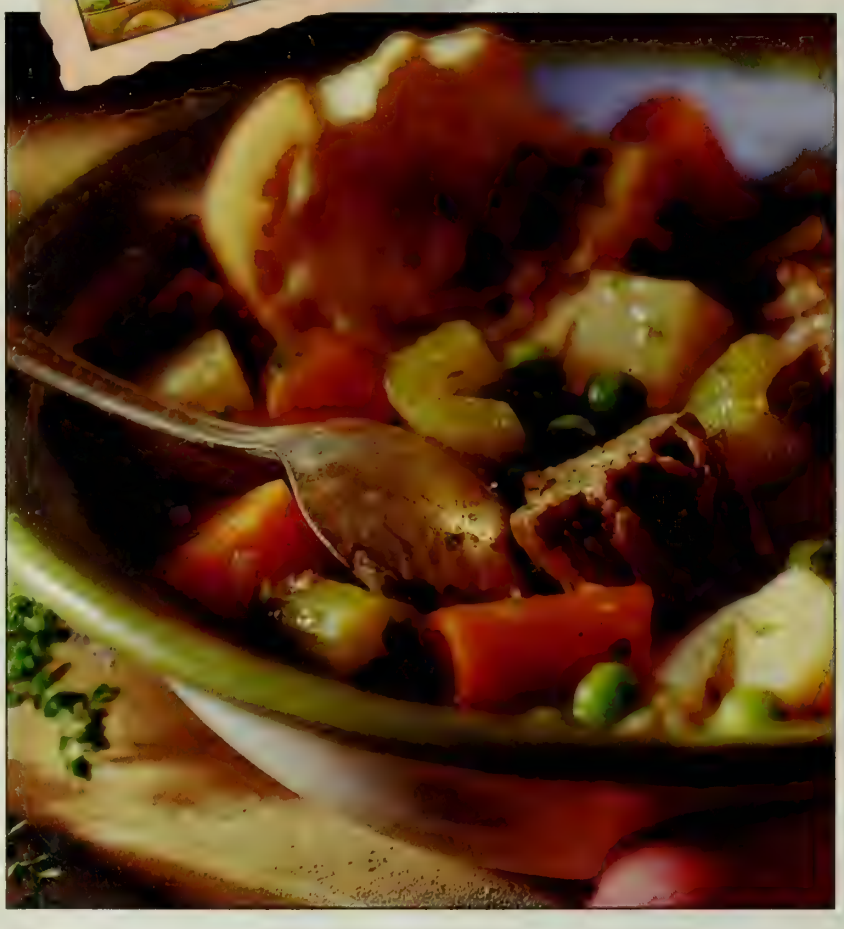
THE NEW BEEF STEW

The flavor of this stew is as appealing as ever—only the extra fat is missing. In fact, this has 14 percent less fat than a traditional stew recipe.



"To keep the stew portions generous and the fat at a minimum, I cut back on meat and stock up on a variety of fresh vegetables. For a new taste, stir in a little bit of shredded orange peel."

—ANNE LINDSAY, cookbook author, Toronto, Canada



THE NEW BEEF STEW

Dip crusty dinner rolls into this hearty stew to soak up the savory broth—

- ¾ lb. lean beef stew meat
- Nonstick spray coating
- 4 cups water
- 3 medium onions, halved
- 1 Tbsp. grated orange peel
- 1 Tbsp. instant beef bouillon granules
- 1 tsp. dried thyme, crushed
- ½ tsp. dried oregano, crushed
- ¼ tsp. pepper
- 1 bay leaf
- 3 medium carrots, peeled
- 2 parsnips, peeled
- ½ medium turnip (about ½ lb.)
- 2 medium potatoes, peeled and cut into 1-inch chunks
- 2 stalks celery, cut in chunks
- 1 cup frozen peas
- ¼ cup chopped fresh parsley *or* 1 Tbsp. dried parsley flakes
- 2 Tbsp. all-purpose flour
- ½ cup cold water

● **Trim all excess fat from beef** and discard. Cut beef into 1-inch pieces. Spray a Dutch oven or large, heavy saucepan with nonstick spray coating. Heat pan over medium-high heat; add beef and cook, stirring till brown on all sides. Remove from heat.

● **Carefully add water to the pan** and return to the heat. Bring to boiling, scraping up any brown bits on the bottom of the pan. Add onions, orange peel, bouillon granules, thyme, oregano, pepper, and bay leaf. Cover; return to heat and simmer for 1 hour.

● **Cut carrots, parsnips, and turnip** into ¾-inch pieces. Add carrots and turnips to the beef mixture and simmer for 10 minutes. Add parsnips, potatoes, and celery and simmer for 20 minutes or till vegetables are tender. Add peas and parsley. Cover and cook 5 minutes more. With a slotted spoon, remove the meat and vegetables from broth. Cover and keep warm.

● **Mix the flour and cold water** till smooth; stir into broth. Cook and stir till thickened and bubbly. Return meat and vegetables to the broth and heat through. Season with salt to taste. Makes 4 servings.

Nutrition information per serving: *343 cal. (18% from fat), 27 g pro., 44 g carbo., 7 g fat (saturated fat 3 g), 61 mg chol., 418 mg sodium, 1,287 mg potassium, and 8 g dietary fiber. U.S. RDA: 314% vit. A, 95% vit. C, 26% thiamine, 20% riboflavin, 29% niacin, 11% calcium, and 30% iron.*

continued on page 118


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continued from page 116



TURKEY BURGERS WITH SPRING VEGETABLES

Enjoy these lean burgers either grilled or sautéed. For low-fat sautéing, simply spray a large skillet with nonstick coating before cooking.

TURKEY BURGERS WITH SPRING VEGETABLES

- **2 egg whites**
- **⅓ cup soft bread crumbs**
- **⅓ cup finely chopped onion**
- **2 Tbsp. snipped fresh parsley**
- **2 cloves garlic, minced**
- **1 tsp. dried basil, crushed**
- **¼ tsp. dried tarragon, crushed**
- **½ tsp. salt**
- **⅛ tsp. pepper**
- **1½ lbs. skinned, boned turkey *or* chicken breast, ground**
- **Nonstick spray coating**
- **Sautéed Vegetables**
- **Fresh watercress *or* parsley sprigs**

● **In a medium mixing bowl beat** egg whites till foamy. Stir in bread crumbs, onion, parsley, garlic, basil, tarragon, salt, and pepper. Add turkey or chicken; mix well. Shape into eight ½-inch-thick patties (mixture may be soft).

● **Spray cool grill rack** with nonstick spray coating. Grill over *medium-hot* coals for 6 minutes. Turn and grill for 6 to 8 minutes more or till no longer pink. Or, to broil, spray cool broiler pan with nonstick spray coating. Broil 4 to 5 inches from the heat for 9 to 10 minutes or till no longer pink, turning once. Serve atop the Sautéed Vegetables and garnish with watercress or parsley sprigs. Makes 8 servings.



"In New Orleans, flavor—and lots of it—is everything. To turn mild ground turkey into great-tasting burgers, I add a combination of savory herbs. Surround these burgers with seasoned vegetables to make a colorful meal."

—EMERIL LAGASSE, Executive Chef, Commander's Palace Restaurant, New Orleans, La.

Spring Vegetables: In a 12-inch skillet cook 1 medium *zucchini,* sliced; 1 medium *yellow summer squash,* halved lengthwise and bias-sliced (1½ cups); 1½ cups sliced fresh *mushrooms;* and ⅓ cup chopped *onion* in 1 tablespoon hot *safflower oil* or other *cooking oil* over medium-high heat till crisp-tender. Stir in 1 medium *tomato,* peeled, seeded, and chopped; 1 tablespoon snipped *parsley;* ½ teaspoon dried *basil,* crushed; ¼ teaspoon dried *tarragon,* crushed; and ⅛ teaspoon *pepper.* Heat through. Makes 8 servings.

Nutrition information per serving including vegetables: *161 cal. (28% from fat), 21 g pro., 7 g carbo., 5 g fat (saturated fat 1 g), 49 mg chol., 205 mg sodium, 533 mg potassium, 2 g dietary fiber. U.S. RDA: 12% vit. A, 16% vit. C, 9% thiamine, 15% riboflavin, 23% niacin, 12% iron.*

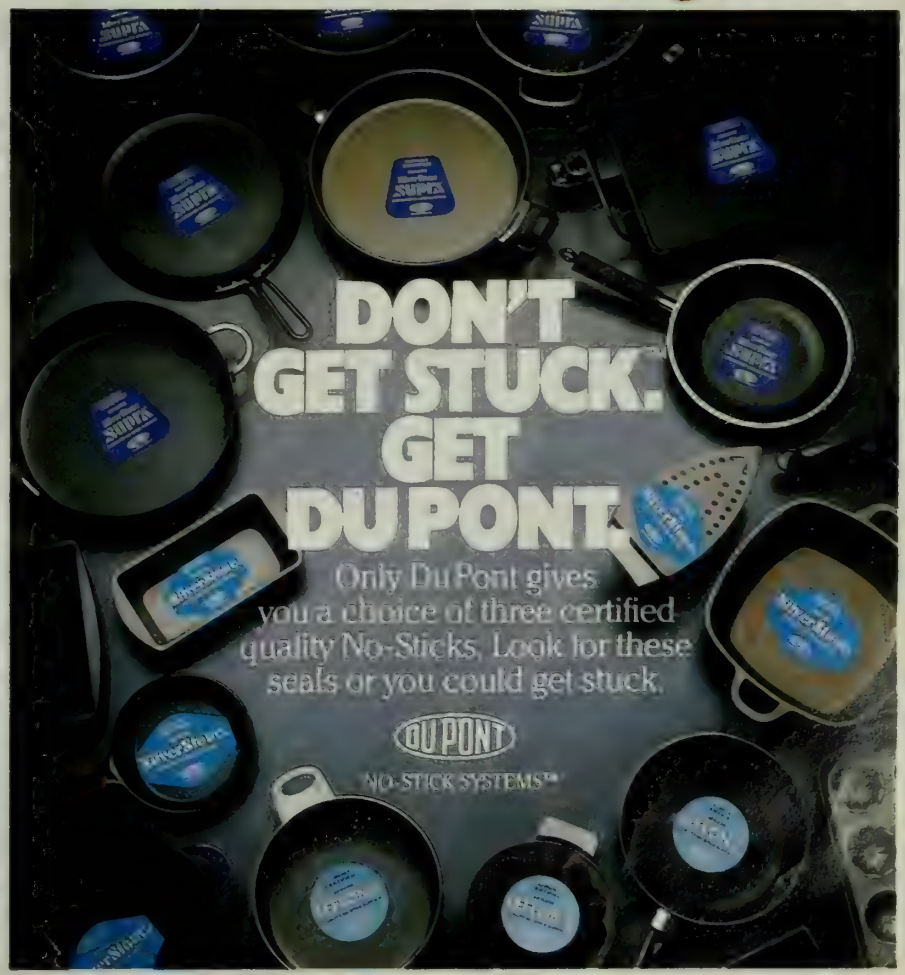
Note: Because there are no official standards, the amount of fat in purchased ground turkey can vary by producer. To assure the leanest ground turkey for this recipe, we bought skinned, boned turkey breast and asked the butcher to grind it (you can also grind it yourself). This way may be a little more expensive than purchased ground turkey. Either option works well for this recipe; the choice is yours.

continued on page 120



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continued from page 119



CHICKEN CACCIATORE

For the best flavor, simmer the mixture slowly atop the stove or finish it off in the oven.

"At the restaurant, for our low-fat menu items, I lighten up traditional favorites. To make this well-known dish a healthful hit, I skin the chicken and cut down on cooking oil."

—KELLY MILLS, Chef, Four Seasons Clift Hotel, San Francisco, Calif.

CHICKEN CACCIATORE

Cacciatore means "hunter" in Italian. For this savory dish, chicken is simmered "hunter's style" in a well-seasoned tomato sauce with mushrooms and wine—

- **6 skinned, boned small chicken breast halves (3 oz. each)**
- **2 Tbsp. olive oil *or* cooking oil**
- **3 cups (8 oz.) small fresh mushrooms *or* two 4-oz. jars whole button mushrooms, drained**
- **2 medium sweet red *or* green peppers, cut into strips**
- **1 large onion, thinly sliced and separated into rings (1 cup)**
- **2 cloves garlic, minced**

• • •

- **½ cup dry white wine**
- **1 small serrano chili pepper, seeded and finely chopped *or* ¼ tsp. crushed dried red pepper (optional)**
- **1 28-oz. can tomatoes, cut up**
- **2 Tbsp. tomato paste**
- **2 Tbsp. lemon juice**
- **2 tsp. dried basil, crushed**
- **1 tsp. sugar**
- **1 tsp. dried thyme, crushed**
- **½ tsp. salt**
- **¼ tsp. pepper**

Hot cooked penne *or* rigatoni pasta (optional)

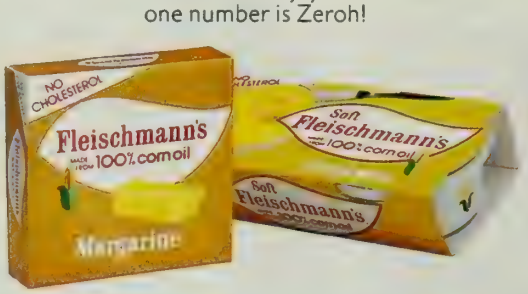
● **In a heavy 12-inch skillet** or Dutch oven brown chicken in hot oil on all sides (4 to 5 minutes total). Remove chicken; set aside. Add mushrooms (if using fresh), sweet peppers, onion, and garlic to skillet drippings. Cook till the vegetables are tender.



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● **Add mushrooms** (if using canned), wine, and serrano or crushed red pepper to vegetable mixture. Bring to boiling; reduce heat. Simmer, uncovered, till almost all liquid evaporates. Add *undrained* tomatoes, tomato paste, lemon juice, basil, sugar, thyme, salt, and pepper. Return chicken to pan.

● **Simmer, uncovered,** 15 minutes or till chicken is tender and no longer pink. *Or,* after returning chicken to pan, bake, uncovered, in 350° oven 10 to 15 minutes or till chicken is done (use an ovenproof skillet for this method). Serve over cooked pasta. Serves 6.

Nutrition information per serving: *253 cal. (28% from fat), 29 g pro., 13 g carbo., 8 g fat (saturated fat 2 g), 72 mg chol., 511 mg sodium, 806 mg potassium, and 3 g dietary fiber. U.S. RDA: 22% vit. A, 57% vit. C, 13% thiamine, 20% riboflavin, 73% niacin, 18% iron.*

continued on page 122

COUNTRY INN™ BRAND Rice Dishes also make great tasting hearty soups.

CREAMY BROCCOLI AU GRATIN SOUP

Makes 4 to 6 servings

2 Tablespoons butter or margarine
1/2 cup chopped onion
1 3/4 cups water
1 package (4.5 ounces) UNCLE BEN'S® COUNTRY INN™ Brand Broccoli Rice Au Gratin
1/4 cup flour
1/4 teaspoon dry mustard
1 3/4 cups chicken broth or bouillon
2 cups milk
1/2 cup shredded American cheese
1 green onion cut into short, thin strips

Cook onion in butter in large saucepan until tender. Add water and contents of rice and seasoning packets. Bring to a boil. Reduce heat, cover and simmer 20 minutes. Combine flour and dry mustard in a small bowl. Gradually add about 1/2 cup of the broth, stirring until smooth. Stir remaining broth, flour mixture and milk into rice mixture. Heat to a simmer, stirring occasionally. Continue simmering until slightly thickened. Stir in cheese. Sprinkle with green onion.





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continued from page 121





"I strive to make low-fat cakes that still taste rich and satisfying. For this moist cake, I substitute whipped egg whites for whole eggs and reduce the oil to cut fat. To add flavor I use banana, lemon peel, and a nonfat chocolate icing."

—FLO BRAKER, cookbook author, baking instructor, and food columnist, Palo Alto, Calif.

BANANA YOGURT CAKE

Part of making low-fat desserts appealing is making them look good. Decorate this impressive cake with chocolate icing with a lacy design and fresh berries.

BANANA YOGURT CAKE

2 cups all-purpose flour
⅓ cup sugar
¾ tsp. baking powder
¾ tsp. baking soda
¼ tsp. salt
⅔ cup plain lowfat yogurt
½ cup mashed ripe banana
¼ cup cooking oil
1 tsp. finely shredded lemon peel
1 tsp. vanilla

• • •

3 egg whites
¾ cup sugar

• • •

2 Tbsp. light corn syrup
2 Tbsp. water
¼ cup unsweetened cocoa powder
Fresh raspberries (optional)

● **In a large mixing bowl stir together** flour, the ⅓ cup sugar, baking powder, baking soda, and salt; set aside. In a medium bowl stir together yogurt, banana, oil, lemon peel, and vanilla; set aside.

● **In a small mixer bowl beat** egg whites till soft peaks form (tips curl). Gradually add remaining ¾ cup sugar, beating on high speed till stiff peaks form (tips stand straight). Stir yogurt-banana mixture into flour mixture till moistened. Fold in about a *fourth* of the egg-white mixture to soften; then fold in remaining egg whites.

● **Pour the batter evenly** into a greased (or sprayed with nonstick spray coating) and floured 9x9x2-inch baking pan. Bake in a 350° oven for 40 to 45 minutes or till a wooden toothpick inserted in the center comes out clean. Cool cake for 10 minutes in the pan on a wire rack. Remove cake from pan and cool completely on the wire rack. Place cake in a storage container or wrap with plastic wrap and store; this cake slices better when held overnight.

● **For icing, stir together** corn syrup and water; add cocoa powder, stirring till smooth. Drizzle chocolate over cake in a lacy design. Let stand till set (about 30 minutes). You can also drizzle icing in a lacy design on each serving plate and top with a piece of cake (as pictured *above*). Serve with raspberries. Makes 12 servings.

Nutrition information per serving: *223 cal. (24% from fat), 4 g pro., 41 g carbo., 6 g fat (saturated fat 1 g), 1 mg chol., 168 mg sodium, 113 mg potassium, and 1 g dietary fiber. U.S. RDA: 10% thiamine.*

continued on page 124

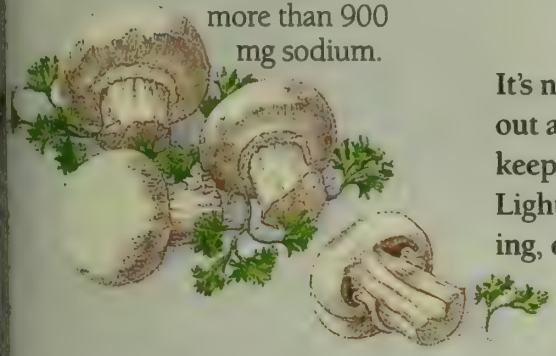
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Eating right should be a joy, not a chore. That's why our *Herb Roasted Chicken* starts with tender chicken breast, enhanced by a delicate sauce and seasoned with parsley. A pinch of paprika on the Dutchess potatoes instead of butter keeps cholesterol down and adds a zesty flavor. And the French green beans are enlivened with mushrooms for a contrast in both taste and texture. After all, life is too short not to enjoy what you eat.



LE MENU® LightStyle

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Eating right was never so delicious.

continued from page 122





SALMON WITH DILL SAUCE AND RICE

Low-calorie, great-tasting salmon is also a good source of omega-3. Studies suggest that this fatty acid may help protect your body from heart disease.

"Learning to cook low fat can be a big challenge. Our advice is to keep things simple. For this recipe from our health spa, grill naturally healthful salmon and serve it with lemon-flavored rice and an easy dill sauce made in the blender." —TRACY PIKHART RITTER with SHERI LEE SHANSBY, The Golden Door health spa, Escondido, Calif.

GRILLED SALMON WITH DILL SAUCE AND BASMATI RICE

- ¼ cup finely chopped onion
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1½ to 2 cups water
- 1 cup basmati rice *or* long grain rice
- ½ tsp. finely shredded lemon peel
- 3 Tbsp. lemon juice
- ¼ tsp. salt
- 1 bay leaf
- 1 8-oz. carton plain lowfat yogurt
- ¼ cup sliced green onions
- ¼ cup snipped fresh dill *or* 1 tsp. dried dillweed
- 1 tsp. capers
- 12 oz. fresh *or* frozen salmon fillet, skinned and thawed (about 1 inch thick)
- 1 Tbsp. olive oil *or* cooking oil
- Grilled lemon slices (optional)

● **Spray a large skillet** with *nonstick spray coating.* Cook onion, carrot, and celery in skillet for 2 minutes. Add water (use 1½ cups for basmati rice; 2 cups for long grain rice), the rice, lemon juice, salt, and bay leaf to the skillet. Simmer, covered, for 20 minutes or till the rice is tender.

● **For sauce,** in a small mixing bowl combine lemon peel, yogurt, green onions, dill, and capers. Add *half* of the mixture to a blender container; cover and blend till smooth. Stir into remaining mixture in bowl.

● **Cut salmon into 4 portions;** brush with olive oil or cooking oil. Spray cool grill rack with nonstick spray coating. Grill salmon directly on grill rack over *medium-hot* coals for 5 minutes. Turn salmon. Grill for 4 to 7 minutes more or till fish just flakes with a fork.

● **To serve, spoon** about *2 tablespoons* of sauce onto center of each dinner plate. Top with salmon. Serve with basmati rice and grilled lemon slices. (To grill lemon slices, add slices to grill when you turn the salmon. Grill till heated through, turning once.) Store any remaining sauce, covered, in the refrigerator for another use. It may be used as a salad dressing or meat accompaniment. Makes 4 servings.

Nutrition information per serving: *366 cal. (22% from fat), 25 g pro., 46 g carbo., 9 g fat (saturated fat 2 g), 56 mg chol., 232 mg sodium, 646 mg potassium, 1 g dietary fiber. U.S. RDA: 106% vit. A, 10% vit. C, 29% thiamine, 17% riboflavin, 34% niacin, 14% calcium.*

CINNAMON BRAN PANCAKES

For a quick fruit syrup, combine equal parts of fruit spread or preserves and maple syrup. Heat through and drizzle over pancakes.

CINNAMON BRAN PANCAKES

- ¾ cup oat bran
- ¾ cup all-purpose flour
- 1 Tbsp. sugar
- ½ tsp. baking powder
- ½ tsp. ground cinnamon
- ¼ tsp. baking soda
- ⅛ tsp. salt
- 2 slightly beaten egg whites
- 1¼ cups buttermilk
- 1 Tbsp. cooking oil

● **In a medium mixing bowl combine** oat bran, flour, sugar, baking powder, cinnamon, soda, and salt. In a small mixing bowl combine the egg whites, buttermilk, and oil; beat with fork just

continued on page 126

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continued from page 124

till combined. Add to dry ingredients, stirring just till combined.

● **Spray a cold griddle** or large skillet with nonstick spray coating; heat. For each pancake, spoon a *¼-cup* portion of batter onto hot griddle. Cook over medium heat till golden, turning once. Makes 8 to 10 pancakes.

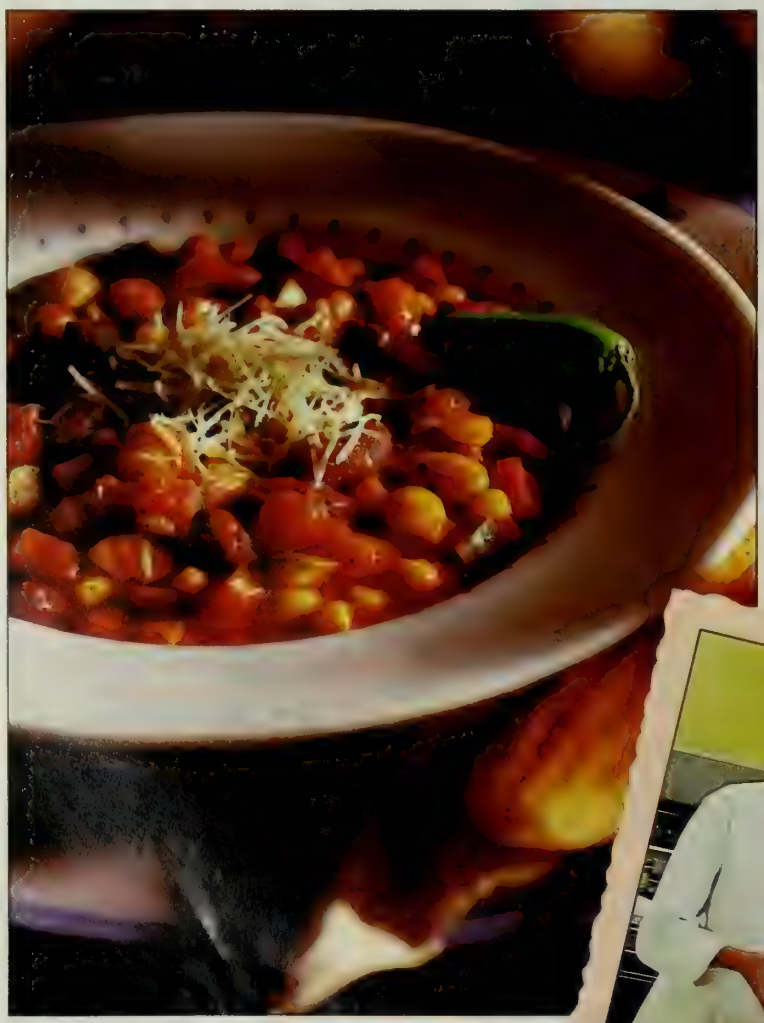
Nutrition information per pancake: *115 cal. (23% from fat), 5 g pro., 17 g carbo., 3 g fat (saturated fat 1 g), 1 mg chol., 140 mg sodium, 129 mg potassium, and 2 g dietary fiber. U.S. RDA: 11% thiamine.*





"I like creating low-fat breakfast recipes because many traditional options are far from healthful. These revamped pancakes use egg whites and less oil to cut fat, plus oat bran to add fiber."

—ABBY MANDEL, cookbook author and food columnist, Winnetka, Ill.



THREE-BEAN CHILI

The mixture of beans in this one-dish meal provides ample protein per serving and satisfies over half of the recommended fiber for one day.

"I like to create recipes using ingredients that most people, myself included, usually have on hand. This chunky, meatless chili uses common pantry foods like canned tomatoes and beans. For extra zest, blend a spoonful of mustard in with the other seasonings."

—SUSIE HELLER, recipe development consultant, Shaker Heights, Ohio




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Fast-Track Potatoes

Americans have made an amazing discovery! Potatoes, our favorite vegetable, are not only delicious and nutritious, they are also quick-cooking and convenient. The news is out—for breakfast, lunch, dinner and snacks, versatile potatoes take just minutes to prepare!

How can potatoes save you time on meal preparation when you are on the run? It's easy. For starters, stash that peeler! Leaving the potato skins on saves time and nutrients too, since many vitamins and minerals are stored close to the skin. Just scrub the skins with a vegetable brush and cook the potatoes any way you like. Cutting potatoes into cubes, slicing or chopping helps to further shorten cooking time.

Meals in Minutes

Cooking potatoes in the microwave oven is another great timesaver. Pierce a large potato with a fork and place it on a paper towel or microwave-safe rack. Bake the potato 4 to 7 minutes in a microwave, turning once. Serve the potato with an easy topping—there are several in this booklet—and you can have a hot, home-cooked meal on the table in minutes.

A Potato in Every Pot

But microwaves are not just for baking. Try boiling or steaming cut up potatoes in the microwave for salads and other recipes.

The fastest potatoes of all are convenient ones that are ready to eat or ready to cook. Add crunch to sandwiches, salads, and casseroles with crispy potato chips or serve sizzling hot fries made from frozen potatoes as an appetizer with your favorite dip. These potatoes are the perfect choice to satisfy hungry snackers or dress up mealtimes whenever you are in a hurry and want something good to eat—fast.

Who's the fastest of

In the time it takes to breeze in the door and stash your attaché case, you can make a potato the center of attention. And invention.

Since potatoes are even more nutritious with their skins on, just slice, broil for ten minutes, then sprinkle liberally with cheddar or bleu. Faster still?



A smattering of pesto and a measly five minutes in the microwave turns a potato into the ultimate fast food. But if you're counting the seconds, simply reach for the chips or rush out for some fries. After all, anything worth having is worth having sooner.

Potatoes. America's favorite vegetable.

Good-For-You Potatoes

With potatoes on the menu, quick meals can be healthy meals too.

Busy people need nutrient-dense foods to help them keep up the pace and potatoes are just the high-energy food you need. They are high in potassium and can supply 50% of the Recommended Daily Allowance of Vitamin C. What is more, a medium size potato has only 110 calories. No wonder Americans eat more than 124 pounds of potatoes per person each year! That averages out to at least one potato a day for every man, woman, and child in the United States.

Follow the Dots...

To find out more about quick-cooking potatoes, tear out this handy booklet and turn the pages. Follow the dots...to some of the speediest spud recipes ever.

Quickest —indicates a recipe that can be prepared in 10 to 25 minutes.

Quicker—indicates a recipe that can be prepared in 26 to 35 minutes.

Quick— indicates a recipe that can be prepared in 36 or more minutes.

Warm Potato and Bacon Bits Toss (cover recipe)

1 pound small red potatoes
1 pound long white potatoes
⅓ cup MIRACLE WHIP Salad Dressing
⅓ cup vegetable oil
2 tablespoons white wine vinegar
½ cup finely chopped red onion
2 carrots, julienned
1 pint cherry tomatoes, quartered
1 can (3½ oz.) pitted ripe olives, sliced
½ cup Hormel 100% Real Homestyle Bacon Pieces or Bacon Bits

• Boil potatoes in salted water until tender, about 20 minutes. • Whisk Miracle Whip, oil, and vinegar until smooth. Stir in onion. • Slice and add potatoes and remaining ingredients. Stir gently. • Serves 8. Prep time: 15 mins. Cooking time: 20 mins.

A BIG EVENT IN PRINT™
PRODUCED BY:
DELANO, McLEOD & STRAUSSER, INC
DESIGN 2 AND 3 D
COVER PHOTO: SUSAN ROBINS
EDITOR: MICHELE SCICOLONE



Potatoes with Pizzazz

Elegant Stuffed Potatoes

2 large potatoes
¼ cup green onion slices
4 cooked bacon slices, crumbled
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread

• Microwave potatoes as indicated in Note. • Cut potatoes in half lengthwise; scoop out pulp, leaving ¼" shell, reserve pulp. • Mix reserved pulp, onions, bacon, and ¼ cup CHEEZ WHIZ. • Spoon mixture into shells; place in baking dish. Microwave on HIGH 3 to 5 mins. or until thoroughly heated. • Microwave remaining CHEEZ WHIZ according to label directions; pour over potatoes just before serving. • Serves 4. Prep time: 15 mins. Cooking time: 25 mins.

Southwest Chicken Potatoes

4 large potatoes
1 cup chopped cooked chicken
¼ cup green onion slices
2 tablespoons pitted ripe olive slices
1 8-oz. jar CHEEZ WHIZ Mexican Pasteurized Process Cheese Spread
¼ cup chopped tomatoes

• Microwave potatoes as indicated in Note. • Split potatoes by making a crisscross on top of each; press lightly to open. • Toss chicken, green onions, and olives together. Spoon ¼ cup chicken mixture on each potato. • Microwave CHEEZ WHIZ according to label directions and spoon over potato topping. Sprinkle chopped tomato over all. • Serves 4. Prep time: 15 mins. Cooking time: 12-15 mins.

Golden Potato Ratatouille

2 cups cubed potatoes
1 cup zucchini slices
1 green pepper, cut into strips
1 small onion, sliced
1 tomato, coarsely chopped
¼ teaspoon cumin
1 8-oz. jar CHEEZ WHIZ Mexican Pasteurized Process Cheese Spread

• Place potatoes and 2 tablespoons water in 1½-quart casserole or bowl; cover. Microwave on HIGH 4 mins. • Add zucchini, pepper, and onion; mix lightly. Microwave on HIGH, covered, 4 to 6 mins. or until tender, stirring every 2 mins.; drain. • Add tomato and cumin; mix lightly. • Microwave CHEEZ WHIZ according to label directions; pour over vegetables just before serving. • Serves 6. Prep time: 15 mins. Cooking time: 15 mins.

Easy Potatoes Au Gratin

1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
3½ cups potato slices

• Microwave CHEEZ WHIZ according to label directions. Place potatoes in 1½-qt. casserole. Pour on hot CHEEZ WHIZ. Cover with plastic wrap vented at one edge. Microwave on HIGH 5 mins. Microwave on MEDIUM (50%) 15 mins. or until potatoes are tender, turning once. • Serves 6. Prep time: 5 mins. Cooking time: 20 mins.

NOTE: To microwave-bake potatoes: Pierce potatoes with a fork; place on rack or paper towel. Microwave on HIGH 4 mins. per potato or until tender, turning once. Let stand 5 mins. Warning: Always use microwaveproof cookware.

By the time you finish counting these jars, the tingly tang of cheddary Cheez Whiz...



...will be ready to pour.



The marvelous microwave in-a-minute cheese sauce.

Actual cooking time 1-1½ minutes for 8 oz. jar

KRAFT © 1990 Kraft, Inc

Potatoes on the Light Side

Better Than Pizza Potatoes

4 medium potatoes
4 teaspoons MOLLY McBUTTER® All Natural Butter Flavor Sprinkles
¼ teaspoon oregano
¼ cup cooked sliced mushrooms
4 teaspoons chopped ripe olives
½ cup tomato sauce
4 tablespoons shredded low-fat mozzarella cheese

• Microwave potatoes as indicated in Note. • Split potatoes and scoop out pulp, leaving shell. Combine pulp with remaining ingredients. Spoon into potato shells. Microwave on HIGH 4 mins. or until heated. • Serves 4, 158 calories each. Prep time: 10 mins. Cooking time: 22 mins.

Slim and Savory Spinach-Potato Soup

4 cups chicken broth
3 med. leeks (white part only), sliced, or 3 med. onions, chopped
6 ounces spinach, trimmed and chopped
3 cups potatoes, cubed
2 tablespoons MOLLY McBUTTER® All Natural Sour Cream and Butter Flavor Sprinkles
Freshly ground black pepper

• Bring broth, leeks, and spinach to a simmer. Cover and cook 5 mins. Add potatoes and cook, covered, 20 mins. or until potatoes are tender. • Purée half the mixture; return to saucepan. Stir in Molly McButter and pepper. Serve hot or cold. • Serves 6, about 146 calories each. Prep time: 15 mins. Cooking time: 30 mins.

Calorie-Cropped Carrot-Potato Bake

4 medium potatoes
4 teaspoons MOLLY McBUTTER® All Natural Butter Flavor Sprinkles
¼ cup shredded carrot
¼ cup sliced water chestnuts
¼ cup Neufchatel or light cream cheese, softened
Chopped chives

• Microwave potatoes as indicated in Note. • Split potatoes and scoop out pulp, leaving shell. Combine pulp and all ingredients except chives. Spoon mixture into potato shells. Microwave on HIGH 4 to 6 mins. or until heated through. Sprinkle with chives. • Serves 4, 162 calories each. Prep time: 10 mins. Cooking time: 22 mins.

Cheese Nugget Potato Rounds

4 med. red potatoes, in ¾" slices
3 ounces Neufchatel or light cream cheese, softened
⅓ cup sliced green onions
4 tablespoons MOLLY McBUTTER® All Natural Cheese Flavor Sprinkles

• Cook potatoes in boiling water 10 mins. or until tender; drain. With a spoon, scoop out a small portion of each potato slice, leaving ½" shell. • Mix potato pulp with remaining ingredients until smooth. Fill potato slices with mixture. Place on greased baking sheet. Bake at 400°F 10 to 12 mins. or until lightly browned. • Serves 8, 74 calories each. Prep time: 20 mins. Cooking time: 22 mins.

See Carrot-Potato Bake recipe.



Molly makes taters greater with only 4 calories.



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One Potato, Two Potato

Florentine Potatoes

1/2 cup chopped onion
1/2 cup chopped green pepper
1 tablespoon butter or margarine
1 can (16 oz.) DEL MONTE® Whole New Potatoes, drained and sliced
1 can (14 1/2 oz.) DEL MONTE® Original Style Stewed Tomatoes
1 can (15 oz.) DEL MONTE® Spinach, drained
1/4 cup grated Parmesan cheese

• Sauté onion and pepper in butter until soft. Add potatoes; sauté 2 mins. Add tomatoes; cook over high heat until slightly thickened. Add spinach; heat through. Sprinkle with cheese. • Serves 6. Prep time: 5 mins. Cooking time: 20 mins.

Chili-Stuffed Potatoes

4 medium potatoes
1/2 pound ground beef
1 can (17 oz.) DEL MONTE® Whole Kernel Golden Sweet Corn, drained
1 can (14 1/2 oz.) DEL MONTE® Original Style Stewed Tomatoes
1/2 cup DEL MONTE® Tomato Ketchup
1/2 cup chopped green pepper
1 tablespoon chili powder
Optional garnishes: sour cream, grated cheese, and green onion

• Microwave potatoes as indicated in Note. • In a large skillet brown meat; drain. Stir in corn, tomatoes, ketchup, pepper, and chili. Cover and simmer 10 mins. • Split potatoes; spoon 1 cup meat mixture over each potato. Garnish if desired. • Serves 4. Prep time: 9 mins. Cooking time: 16 mins.



The Privileged Potato

Bacon-Stuffed Potatoes

4 medium potatoes
1 cup sour cream
1/2 cup Hormel 100% Real Homestyle™ Bacon Pieces or Hormel 100% Real Bacon Bits
Salt and pepper to taste
2 tablespoons grated Cheddar cheese
Paprika

• Microwave potatoes as indicated in Note. • Slice away skin from top of each potato; carefully scoop out pulp, leaving shells intact. Mash pulp. Add sour cream, Bacon Pieces, and salt and pepper to pulp; stir well. • Stuff shells with pulp mixture; sprinkle with cheese and paprika. Microwave at HIGH 2 to 3 mins. or until cheese is melted. • Serves 4. Prep time: 5 mins. Cooking time: 26 mins.



Accept no imitations.

Introducing new Hormel Homestyle™ Bacon Pieces. Big, lean pieces of 100% real bacon that taste great in salads, casseroles, dips and eggs.

Why settle for an imitation bacon when you can have the real thing?

Hormel

Bacon-Potato Soup

4 cups diced potatoes
1 onion, chopped
1 cup chopped celery
1 carrot, sliced
1 jar (2 oz.) Hormel 100% Real Homestyle™ Bacon Pieces
4 tablespoons butter or margarine
1 cup chicken broth
2 cups milk

• In 3-qt. casserole, combine first 7 ingredients. Cover loosely with plastic wrap. Microwave at HIGH 13 to 15 mins. or until potatoes are tender; stirring once. • Stir in milk, salt, and pepper. Recover. Cook at HIGH 8 mins. or until heated through. • Serves 10. Prep time: 10 mins. Cooking time: 23 mins.

The Power Potato

Garlic & Herb Potato Snack

1 box (12 oz.) frozen French fried potatoes
2 tablespoons grated Parmesan cheese
2 cloves garlic, minced
¼ teaspoon Italian herbs
Dash ground red pepper
1 container (10½ oz.) SPREADERY Cheese Snack Neufchatel Cheese with Garlic & Herbs

• Arrange potatoes on a baking sheet in one layer. Bake in a 450°F oven 5 mins. • Combine next 4 ingredients. Sprinkle over potatoes and toss. Bake 5 mins. or until crisp. • Serve warm with Cheese Snack as dip. • Serves 4. Prep time: 5 mins. Cooking time: 12 mins.

Twice-Baked Potatoes

4 medium potatoes
1 container (10½ oz.) SPREADERY Cheese Snack Medium Cheddar Cold Pack Cheese Product
1 tablespoon chopped chives
½ teaspoon pepper

• Microwave potatoes as indicated in Note. • Cut slice from top of each potato. Scoop out pulp, leaving shell. Beat pulp and next 3 ingredients until blended. • Spoon mixture into shells. • Microwave on HIGH for 5 mins. or until hot, rotating after 3 mins. • Serves 4. Prep time: 15 mins. Cooking time: 22 mins.

Broccoli-Chicken Potato Topper

4 medium potatoes
1 container (10½ oz.) SPREADERY Cheese Snack Neufchatel Cheese with French Onion
1 package (10 oz.) chopped broccoli, thawed and drained
1½ cups chopped cooked chicken
1 jar (2 oz.) sliced pimento, drained
1 teaspoon dried, crushed basil
Grated Parmesan cheese

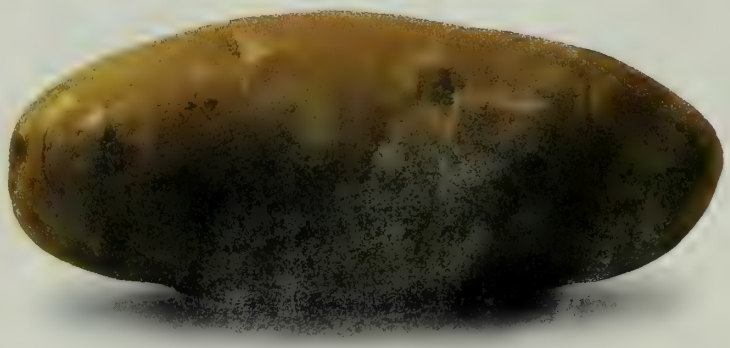
• Microwave potatoes as indicated in Note. • Blend next 5 ingredients. in bowl. Microwave on HIGH 5 mins. or until Cheese Snack is melted and mixture is hot, stirring twice. • Spoon over baked potatoes. Sprinkle with Parmesan. • Serves 4. Prep time: 12 mins. Cooking time: 26 mins.

Ham & Potato Cheddar Chowder

1 large onion, chopped
½ cup chopped red or green pepper
½ pound ham, diced
2 tablespoons margarine
4 medium potatoes, peeled, diced
1 can (13¾ oz.) chicken broth
1 cup milk
1 container (10½ oz.) SPREADERY Cheese Snack Medium Cheddar Cold Pack Cheese Product
½ teaspoon ground white pepper
Parsley

• Sauté first 3 ingredients in margarine in saucepan. Add potatoes and broth. Bring to a boil; reduce heat. Cover; simmer 15 mins. or until potatoes are tender. • Stir in milk, Cheese Snack, and pepper. Cook over low heat until Cheese Snack is melted and chowder is hot, stirring occasionally. Sprinkle with parsley. • Serves 6. Prep time: 20 mins. Cooking time: 35 mins.

It now comes in seven flavors.



Your baked potatoes will never taste the same topped with new Spreadery Cheese Snack from Kraft. In Cheddar, Mild Mexican, Garden Vegetable, Herb & Garlic, Classic Ranch, French Onion and Port Wine.



KRAFT SPREADERY™
The good news is spreading.

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Dressed Up Potatoes

Baked Potato Spears

(See photo below)

3 large potatoes
¼ cup MIRACLE WHIP Salad Dressing
Onion salt
Pepper
Parma Dip (Recipe follows)

• Cut potatoes lengthwise into wedges. Brush with Salad Dressing. Season with onion salt and pepper. • Place on greased 15" x 10" x 1" jelly-roll pan. Bake in preheated 375°F oven for 50 mins. or until tender and golden brown.

Serve with Parma Dip:

1 cup MIRACLE WHIP Salad Dressing
¼ cup grated Parmesan cheese
¼ cup milk
1 tablespoon chopped chives

• Combine ingredients; mix well. Makes 1¼ cups or 4 servings. • Prep time: 10 mins. Cooking time: 50 mins. RECIPE TIP: For additional flavor, prepare dip a few hours ahead of time and chill.

Great American Microwave Potato Salad

4 cups peeled, cubed potatoes
⅓ cup water
1 cup MIRACLE WHIP Salad Dressing
½ cup EACH chopped onion, celery, sweet pickle, red or green pepper
1 teaspoon prepared mustard
½ teaspoon celery seed
½ teaspoon salt

• Combine potatoes and water in 2-quart glass casserole; cover. Microwave on HIGH 8 to 12 mins. or until tender, stirring after 6 mins. Drain. Stir in remaining ingredients; mix lightly. Chill. • Serves 6. Prep time: 20 mins. plus chilling. Cooking time: 12 mins.

Skillet Beef Stew

½ cup MIRACLE WHIP Light Reduced Calorie Salad Dressing with no cholesterol
¾ pound sirloin or round steak, cubed
2 cups (¾ pound) peeled cubed potatoes
4 carrots, sliced into ½-inch pieces
1 small onion, quartered
1 cup water
1.2-ounce pkg. dry onion soup mix
1 teaspoon basil leaves

• In 10" skillet, stir together Salad Dressing, beef, and vegetables. Cook and stir over medium heat 5 mins. • Stir in remaining ingredients. Bring to a boil. Cover. • Reduce heat; simmer 25 to 30 mins. or until vegetables are tender. • Serves 4 to 6. Prep time: 20 mins. Cooking time: 33 mins.



THREE BEAN CHILI

3 cloves garlic, minced
1 Tbsp. olive oil *or* cooking oil
1 28-oz. can Italian-style tomatoes, cut up
1 cup water
1 6-oz. can tomato paste
1 Tbsp. chili powder
1 Tbsp. Dijon-style mustard
1 tsp. dried basil, crushed
1 tsp. dried oregano, crushed
½ tsp. ground cumin
½ tsp. pepper
1 15-oz. can red kidney beans, drained
1 15-oz. can great northern beans, drained
1 15-oz. can garbanzo beans, drained

• • •

1 cup chopped carrots
1 cup fresh *or* frozen whole kernel corn
1 cup chopped zucchini
Several dashes bottled hot pepper sauce
¾ cup shredded *or* grated Parmesan cheese
Whole fresh green chili peppers (optional)

● **In a Dutch oven cook** garlic in hot olive or cooking oil for 30 seconds. Stir in the *undrained* tomatoes, water, tomato paste, chili powder, mustard, basil, oregano, cumin, and pepper. Add the three cans of beans; bring mixture to boiling. Reduce heat and simmer, covered, for 10 minutes.

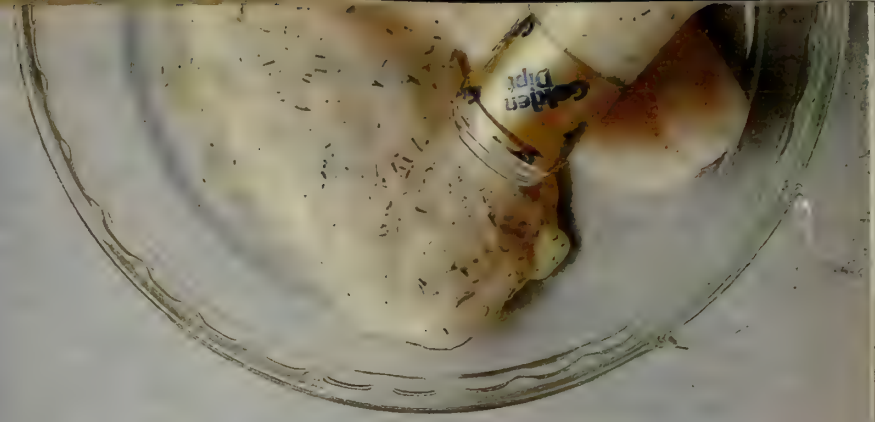
● **Stir in** the chopped carrots, corn, and chopped zucchini. Simmer, covered, for 10 minutes more. Add hot pepper sauce to taste. Spoon into serving bowls. Top *each* serving of chili with *2 tablespoons* of the Parmesan cheese and a fresh green chili pepper. Makes 6 servings.

Nutrition information per serving: *359 cal. (22% from fat), 21 g pro., 54 g carbo., 9 g fat (saturated fat 3 g), 10 mg chol., 776 mg sodium, 1,312 mg potassium, and 18 g dietary fiber. U.S. RDA: 159% vit. A, 47% vit. C, 29% thiamine, 16% riboflavin, 17% niacin, 31% calcium, 36% iron.*

continued on page 128

COOKING HELPERS

The new Better Homes and Gardens® *Low-Fat Meals* cook book is now available. All 118 recipes meet ProjectLEAN guidelines. To order, send a check or money order for $11.95 to: Better Homes and Gardens, Dept. 2GA, Box 374, Des Moines, IA 50336.



Deliciously Simple.



Golden Dipt

Bake, Grill, Microwave, Fry, Boil Or Broil...
Golden Dipt Makes Seafood Perfect. Every Time.

Simply Delicious.



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continued from page 127

EL PASO PILAF

For extra crunch serve this meat-free main dish with carrot chips made by thinly slicing carrot with a vegetable peeler. Curl in ice water—

½ cup chopped onion
2 tsp. olive oil *or* cooking oil

• • •

1 15-oz. can red kidney beans, drained
1¾ cups chicken broth *or* water
1 cup long grain rice
1 cup fresh *or* frozen corn
1 cup chunky salsa
¼ cup dry lentils, rinsed and drained
¼ cup chopped sweet red pepper *or* one 2-oz. jar diced pimiento
½ tsp. chili powder
Dash garlic powder
8 tomato slices

● **In a large saucepan cook** the onion in hot oil over medium heat about 5 minutes or till the onion is tender but not brown.

● **Add** beans, broth or water, rice, corn, salsa, lentils, red pepper or pimiento, chili powder, and garlic powder. Bring to boiling; reduce heat. Cover; simmer for 20 minutes or till rice and lentils are tender and most of the liquid is absorbed. Serve over tomato slices. Makes 4 servings.

Nutrition information per serving: *407 cal. (8% from fat), 16 g pro., 77 g carbo., 4 g fat (saturated fat 1 g), 0 mg chol., 729 mg sodium, 822 mg potassium, and 13 g dietary fiber. U.S. RDA: 13% vit. A, 22% vit. C, 35% thiamine, 11% riboflavin, 22% niacin, 31% iron.*

CRISPY POTATO CHICKEN

For a crisp, golden potato "skin," make sure you pat the potato shreds as dry as possible—

1 large potato (8 oz.), peeled
3 to 4 Tbsp. Dijon-style mustard
1 large clove garlic, minced
2 whole large chicken breasts (1 lb.), skinned and split in half
1½ tsp. olive oil *or* cooking oil
Ground black pepper
Snipped fresh parsley, cilantro, rosemary, *or* chives

● **In a food processor** fitted with a medium shredding disc, coarsely shred potato. (Or, shred with a grater.) Transfer shredded potato to a bowl of ice water; let stand for 5 minutes.

● **Meanwhile, in a small bowl** combine the mustard and garlic; mix well. Rinse chicken and thoroughly pat dry. Brush or spread the mustard mixture evenly on the meaty side of the chicken breast halves. Place the chicken, bone side down, on a foil-lined 15x10x1-inch baking pan.

● **Drain potato.** Thoroughly pat dry with paper towels; place in a medium mixing bowl. Add olive oil; toss to mix well. Top each piece of chicken with about *⅓ cup* potato mixture in an even layer, forming a "skin." Sprinkle lightly with pepper.

● **Bake in a 425° oven** for 35 to 40 minutes or till chicken is no longer pink and potato shreds are golden. (If potatoes are not browning, transfer pan to broiler. Broil about 5 minutes or till golden, watching closely.) Sprinkle with desired herb. Serve immediately. Makes 4 servings.

Nutrition information per serving: *253 cal. (25% from fat), 36 g pro., 9 g carbo., 7 g fat (saturated fat 1 g), 96 mg chol., 417 mg sodium, 463 mg potassium, and 1 g dietary fiber. U.S. RDA: 80% niacin.*

CHOOSING AND USING DRIED CHILI PEPPERS

To add fire to salsas, sauces, and main dishes, Southwesterners rely heavily on chili peppers. Look for the following dried chili peppers in the produce department at your grocery store or at Mexican or import food stores.

● **Pasilla chili peppers:** Also known as "negro chilies," these long, slender, medium-sized peppers range from mild to medium-hot. Their skins are wrinkled and blackish-brown. Pasillas are often used along with ancho peppers.

● **Ancho chili peppers:** The most common of the dried peppers, anchos are used in red chili sauces and as a major ingredient in chili powder. These mild to medium-hot chilis are dried poblano peppers and have the same large, triangular size and shape as poblanos with wrinkled, reddish-brown skin.

● **New Mexican chili peppers:** Ranging from mild to hot in taste, these dark red peppers are about 4 inches long with shiny, fairly smooth skin. Before using, check the package to find out the degree of hotness.

● **Handling chili peppers:** Because chili peppers contain volatile oils that can burn skin and eyes, wear plastic or rubber gloves or work under cold running water. If your bare hands touch the chili peppers, wash hands and nails well with soap and water.

1-800-EAT-LEAN

A free brochure called *LEAN Toward Health* offers easy and delicious ways for leaner shopping and cooking. Call 1-800-EAT LEAN to order this free brochure and for additional low-fat recipes.

PAPAYA-CRAB QUESADILLA

When shopping for farmer cheese, look for brands made from skim milk. They have a texture similar to mozzarella cheese—

1 cup thinly sliced papaya
4 oz. farmer cheese, finely shredded
4 oz. Dungeness crab (leg meat) *or* frozen crabmeat, thawed
3 Tbsp. snipped fresh cilantro
3 green onions, sliced
4 6-inch flour tortillas
1 recipe Roasted Tomato Salsa *or* 3½ cups purchased salsa

● **For quesadillas, layer** papaya, cheese, crab, cilantro, and green onion evenly atop *half* of *each* tortilla. Fold plain half of each tortilla over the filled half. Place on an ungreased baking sheet. Bake in a 350° oven for 8 to 10 minutes or till light brown. For appetizer portions, cut each quesadilla into quarters before serving. Top with Roasted Tomato Salsa or purchased salsa. Makes 4 quesadillas.

Roasted Tomato Salsa: In a small saucepan combine 1 cup *chicken broth,* 2 dried *pasilla chili peppers,* seeded; 1 dried *ancho chili pepper,* seeded; and 1 dried *New Mexican chili pepper,* seeded. Simmer about 5 minutes or till chilies soften. Remove from heat and set aside.

Place 3 small *tomatoes* and 4 *tomatillos,* outer husks removed, on a baking sheet and bake in a 425° oven about 20 minutes or till brown blisters form on the skins. Carefully core tomatoes. Place the unpeeled tomatoes and tomatillos in a blender container or food processor bowl along with the chili mixture, ¼ cup snipped *cilantro,* ¼ cup chopped *onion,* and 3 cloves *garlic.* Cover and blend or process to desired consistency. Add salt and pepper to taste. Makes about 3½ cups. Place any leftover salsa in a storage container and chill for up to 2 weeks.

continued on page 131



The omelet on the right was made with zero-cholesterol Scramblers.®

Or was it the one on the left?



Hard to tell. Because Scramblers from Morningstar Farms® make your favorite egg dishes just the way you love them—only healthier. Scramblers are made from real eggs, but they have no cholesterol, less fat and fewer calories. In the frozen breakfast section.

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The Foods You Love, Only Healthier.™

You probably have dozens of recipes you'll love making with Scramblers, but if you'd like more, write for our free booklet, "Recipes for Change": Scramblers, 900 Proprietors Rd., Worthington, OH 43085.

How to have fish and seafood twice a week without ever having the same thing twice.



There are hundreds of delicious ways to prepare fish and seafood. You can simmer it, steam it, broil it, bake it, sauce it or toss it. What's more, fish and seafood dishes are quick and easy to prepare.

To learn how, get our new booklet, "Fish and Seafood Made Easy." Just send 50¢ to Fish and Seafood, Consumer Information Center, Pueblo, CO 81009. Then you can have delicious meals over & over again. Without having the same thing twice. **Eat fish and seafood twice a week.**

National Fish & Seafood Promotional Council

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continued from page 128

Nutrition information per quesadilla with ¼ recipe salsa: *213 cal. (30% from fat), 16 g pro., 23 g carbo., 8 g fat (saturated fat 3 g), 34 mg chol., 423 mg sodium, 417 mg potassium, and 3 g dietary fiber. U.S. RDA: 28% vit. A, 79% vit. C, 17% thiamine, 21% riboflavin, 21% niacin, 29% calcium, 7% iron.*

MANDARIN CHOW MEIN

2 3-oz. pkg. quick-cooking Oriental noodles (with *or* without flavor packet)
2 Tbsp. soy sauce
4 tsp. catsup
1 Tbsp. Worcestershire sauce
1 tsp. sugar
½ tsp. sesame oil

• • •

Nonstick spray coating
4 cloves garlic, minced
¼ tsp. crushed red pepper
½ lb. lean boneless pork such as pork loin *or* sirloin, cut into thin strips
3 cups thinly sliced cabbage
1 8-oz. can sliced bamboo shoots, drained and rinsed
½ cup coarsely shredded carrot
2 green onions, cut into 2-inch pieces

● **Cook noodles** in 4 cups boiling water for 3 minutes or just till tender, omitting flavor packet, if present. Drain and rinse noodles; set aside.

● **For sauce,** in a small bowl combine soy sauce, catsup, Worcestershire sauce, sugar, and sesame oil; set aside.

● **Spray a wok or large skillet** with nonstick spray coating; heat. Add garlic and red pepper to hot wok or skillet; cook over medium-high heat for 10 seconds. Add pork; stir-fry 1 minute. Add cabbage, bamboo shoots, carrot, and onions. Stir-fry 2 to 3 minutes more or till onions are just crisp-tender and pork is no longer pink. Add noodles and sauce; heat through, about 1 minute, stirring gently to coat. Makes 3 servings.

Nutrition information per serving: *430 cal. (25% from fat), 26 g pro., 54 g carbo., 12 g fat (saturated 4 g), 104 mg chol., 633 mg sodium, 651 mg potassium, and 4 g dietary fiber. U.S. RDA: 121% vit. A, 49% vit. C, 69% thiamine, 29% riboflavin, 38% niacin, 19% iron.*

continued on page 132

A well-rounded, low-fat diet means a more healthful one. ProjectLEAN suggests that no more than 30 percent of your daily calories come from fat.

Choose from any of these family-style recipes, created by top food professionals, to help keep fat in your diet to a minimum. Each recipe featured has less than 30 percent fat per serving.

To figure your daily fat intake, keep track of the total calories and grams of fat in the foods you eat. Then use this formula to figure the percent of fat in your diet:

Total fat calories = total fat (in grams) × 9 (9 is the number of calories in 1 gram of fat)

Percent of calories from fat = (total fat calories ÷ total calories) × 100

After Adding Durkee French Fried Onions To Her Usual Chicken, Mrs. Schermerhorn Noticed A Surprising Phenomenon.





Durkee Makes The Difference.

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continued from page 131



Meet the LEAN team

More than 30 well-known chefs, writers, editors, and TV personalities make up the working group of food professionals on the LEAN team. According to Dr. Sarah Samuels, the director of ProjectLEAN, this group was formed "to grapple with common problems and come up with practical steps consumers and cooking professionals can take to cut back on dietary fat without sacrificing taste."

"ProjectLEAN will be to the '90s what the antismoking campaign has been to the '80s."
—RUTH FREMES, ProjectLEAN Team Coordinator



Look What's Cooking with ProjectLEAN

Genuine enthusiasm and the energy of an Olympic team poured out of the *BH&G* Test Kitchen last September. That's when and where the LEAN team, a group of America's food movers and shakers, met and taste-tested the low-fat recipes featured in this issue. The 12 recipes in this issue are just the first course for what the LEAN team and ProjectLEAN are cooking up to help Americans eat better.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

- With each recipe we give important nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.
- Also, you can check the vitamin and mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)
- When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

- We omit optional ingredients from the nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

- When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed.

WHAT YOU NEED

- Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 23 to 50 years old (in general, moderately active males and teenagers need more calories):

- **Calories—2,000**
- **Protein—45 to 65 grams**
- **Fat—no more than 67 grams**
- **Cholesterol—no more than 300 milligrams**
- **Sodium—1,100 to 3,300 milligrams**
- **Fiber—20 to 30 grams**

- Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

Mrs. Schermerhorn's Famous Chicken & Rice

2/3 C. uncooked regular rice
1 can (2.8 oz.) Durkee French Fried Onions
1/2 tsp. Durkee Italian Seasoning
1 3/4 C. prepared chicken bouillon
4 chicken breast halves, skinned if desired
1/3 C. Italian salad dressing
1 bag (16 oz.) frozen vegetable combination



- Combine rice, *1/2 can* French Fried Onions and Italian Seasoning in 9" x 13" baking dish.
- Pour bouillon over rice mixture. Arrange chicken on top; pour salad dressing over chicken.
- Bake, covered, at 400°F for 30 min.
- Place vegetables around chicken, covering rice.
- Bake, uncovered, 20 to 25 min. or until cooked.
- Top chicken with remaining onions; bake, uncovered, 1 to 3 min. or until onions are golden. Makes 4 servings.

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WIN MONEY FOR YOUR RECIPES
See Page 138 For Details



PRIZE TESTED RECIPES®

Fish and Seafood Dinners

File under Fish and Shellfish
March, 1990

$100 WINNER *Marilyn Pierce-Bulger, Eagle River, Alaska*

HALIBUT HUNGARIAN

Marilyn keeps this creamy fish and pasta dish healthful by using half yogurt, half low-fat sour cream in the sauce. We found that it's also delicious prepared with swordfish—

1¼ lb. halibut, 1 inch thick
½ cup nonfat plain yogurt
½ cup low-fat sour cream
2 Tbsp. all-purpose flour
1 tsp. paprika
1½ cups sliced fresh mushrooms
½ cup chopped onion
2 Tbsp. margarine *or* butter
⅓ cup dry white wine
1 tsp. dried dillweed
½ tsp. salt
Hot cooked pasta

Thaw halibut, if frozen. Remove any skin and bones; cut fish into 1-inch cubes. Set aside. In a small bowl stir together yogurt, sour cream, flour, and paprika; set aside.

In a 10-inch skillet cook mushrooms and onion in hot margarine or butter till tender. Add fish, wine, dillweed, and salt. Bring just to boiling; reduce heat. Simmer, covered, about 5 minutes or till fish just flakes with a fork. Remove fish and mushrooms with a slotted spoon. Stir yogurt mixture into skillet; cook and stir till thickened and bubbly. Cook and stir 1 minute more. Return fish and mushrooms to sauce; heat through. Serve over pasta. Makes 4 servings.

Nutrition information per serving: *407 cal., 37 g pro., 32 g carbo., 12 g fat, 52 mg chol., 469 mg sodium, 1,009 mg potassium, and 2 g dietary fiber. U.S. RDA: 21% vit. A, 20% thiamine, 27% riboflavin, 53% niacin, 18% calcium, 16% iron.*

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Rice and Grain Side Dishes

File under Pasta, Rice, and Grains
March, 1990



$100 WINNER *Elaine Schultz, Miami, Fla.*

MARINATED BARLEY-VEGETABLE SALAD

Stock up on fiber and flavor with this lime-dressed barley and turkey salad—

½ cup pearl barley *or* ¾ cup quick-cooking barley
1 cup frozen peas, thawed
4 oz. fully cooked turkey breast, cubed
½ cup coarsely chopped sweet red and/or yellow pepper
2 green onions, sliced
2 Tbsp. olive oil *or* salad oil
½ tsp. finely shredded lime peel
2 Tbsp. lime juice
¼ tsp. salt
¼ tsp. poultry seasoning
Dash ground red pepper

Cook barley according to package directions; drain and rinse. In a large mixing bowl combine cooked barley, peas, turkey, sweet pepper, and onion.

For the dressing, in a screw-top jar combine oil, lime peel, lime juice, salt, poultry seasoning, and ground red pepper. Cover and shake to mix. Pour over barley mixture. Toss to coat. Cover and chill 4 hours or overnight. Makes 6 side-dish servings.

Nutrition information per serving: *148 cal., 9 g pro., 17 g carbo., 5 g fat, 16 mg chol., 121 mg sodium, 127 mg potassium, and 3 g dietary fiber. U.S. RDA: 10% vit. A, 32% vit. C, 13% niacin.*

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Rice and Grain Side Dishes

File under Pasta, Rice, and Grains
March, 1990



$50 WINNER *Sally Burrell, Idaho Falls, Idaho*

PILAF WITH CURRANTS AND PINE NUTS

Sally created this elegant rice pilaf for quick entertaining—

- **1 cup long grain rice**
- **1 Tbsp. margarine *or* butter**
- **1 10½-ounce can condensed beef broth**
- **¾ cup water**
- **¼ cup currants *or* raisins**
- **2 Tbsp. toasted pine nuts *or* slivered almonds**

In a 10-inch skillet cook and stir rice in margarine or butter over medium heat till lightly browned. Carefully add broth, water, and currants. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or till rice is tender and liquid is absorbed. Transfer to serving dish and sprinkle with nuts. Makes 6 to 8 sidedish servings.

Nutrition information per serving: *161 cal., 5 g pro., 27 g carbo., 4 g fat, 282 mg sodium, 126 mg potassium, and 1 g dietary fiber. U.S. RDA: 11% vit. C, 12% thiamine.*

Buying information, page 158.

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Fish and Seafood Dinners

File under Fish and Shellfish
March, 1990



$50 WINNER *J. Hill, Sacramento, Calif.*

SEAFOOD ENCHILADAS WITH SPICY GREEN SAUCE

Enchilada fans, take note! This lightened rendition uses a seafood filling instead of meat and is topped with a tasty sauce made from cottage cheese—

- **1 7-oz. jar (¾ cup) green taco sauce**
- **⅓ cup dairy sour cream**
- **1½ cups low-fat cottage cheese**
- **2 Tbsp. skim *or* low-fat milk**
- **1 clove garlic, minced**
- **¼ tsp. salt**
- **⅓ cup sliced green onion**
- **8 7-inch flour tortillas**
- **8 oz. Monterey Jack cheese, shredded**
- **1½ cups crab-flavored, salad-style fish or desired cooked seafood such as shrimp**
- **2 Tbsp. grated Parmesan cheese**
- **Chopped ripe olives (optional)**

In a small mixing bowl combine taco sauce and sour cream; set aside. In a blender container or food processor bowl combine cottage cheese, milk, garlic, and salt. Cover and blend or process till mixture is smooth. Set aside. Reserve *1 tablespoon* of the green onion. Spread *1 tablespoon* of the taco sauce mixture over *each* tortilla. Top each with cheese, seafood, and remaining green onion.

Spoon remaining taco sauce mixture into the bottom of a greased 12x7½x2-inch baking dish. Roll up tortillas and place, seam side down, in baking dish. Pour cottage cheese mixture over tortillas; sprinkle with Parmesan. Bake, uncovered, in a 350° oven for 25 to 30 minutes or till heated through. Before serving, sprinkle with reserved green onion and olives. Makes 8 servings.

Nutrition information per serving: *290 cal., 19 g pro., 24 g carbo., 14 g fat, 39 mg chol., 787 mg sodium, 173 mg potassium, and 1 g dietary fiber. U.S. RDA: 14% vit. A, 15%*

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Hormel *Chicken Stir Fry*

Two 6-3/4 ounce cans Hormel Chunk Chicken, drained
1 large red pepper, cut into 1/4 inch strips
1 tsp. corn starch
2 tbsp. soy sauce
3 tbsp. oil
2 cloves of garlic, finely chopped
1 tsp. ginger root, finely chopped
1 cup broccoli flowerettes
1-1/2 cups pea pods
Cooked rice or noodles

Toss first four ingredients plus 1 tbsp. oil in bowl. Heat 2 tbsp. oil in large skillet or wok over high heat until hot. Add chicken mixture, garlic, and ginger root; cook and stir until chicken is heated. Add broccoli and pea pods. Cook and stir 4 minutes. Serve over rice or Chinese noodles.





MARCH

WIN MONEY

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WINNING IDEAS TO GET YOU STARTED FOR THIS MONTH'S CATEGORIES

Potato Side Dishes

● **Original sweet potato ideas**—either mashed, sliced into chips, or served your favorite way ● **Quick-fix** microwave spuds ● **Dried potato mix** fix-ups

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WINNERS IN THIS ISSUE (pages 135-136)

$100 Winners

Marilyn Pierce-Bulger, Eagle River, Alaska
Elaine Schultz, Miami, Fla.

$50 Winners

Sally Burrell, Idaho Falls, Idaho
J. Hill, Sacramento, Calif.

Honor Roll Winners

Karen Cote, Holcombe, Wis.; Hyacinth Rizzo, Snyder, N.Y.; Kay Shaprow, Baltimore, Md.; Jackie Stephens, Nashville, Tenn.; Chuck Wolff, Richmond, Va.; Jeanne Yunker, Chicago, Ill.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "October Potato Side Dishes" or "October Best-Ever Bar Cookies." **2.** Specify brand names of foods you use. **3.** Include 50 to 100 words about origin of recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and your hometown in any manner for as long as we wish. **5.** All entries must be postmarked by midnight, March 31, 1990. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address recipes you enter to "October Potato Side Dishes" or "October Best-Ever Bar Cookies," 9010 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of Meredith Corporation.

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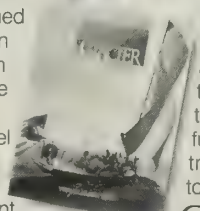
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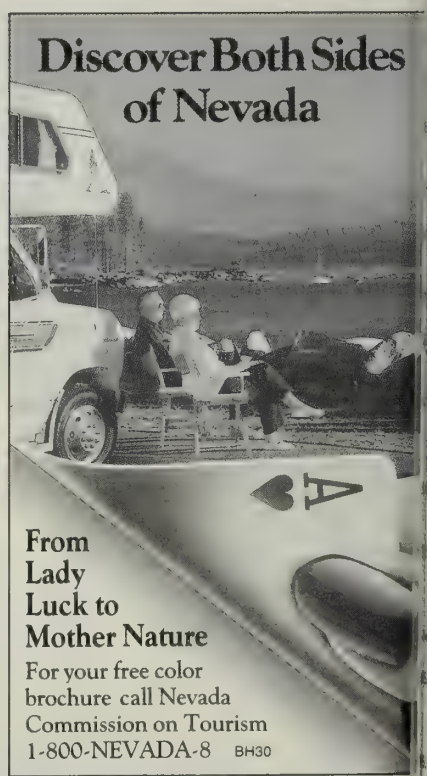
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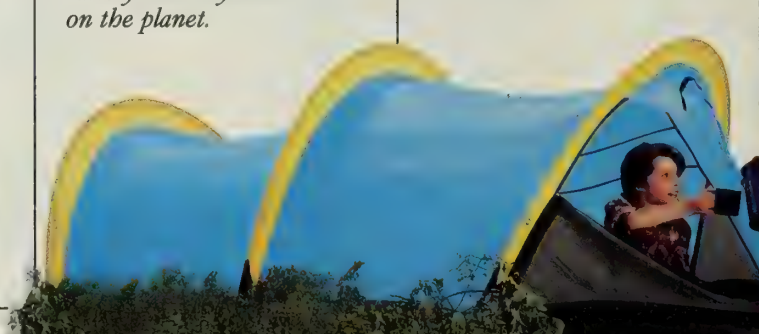
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● **Utah's famous Southern hospitality.** Southern hospitality may not be the first thing that springs to mind when you think of St. George, Utah, but that's the idea behind Spirit of Dixie. This eight-week celebration that wraps up in mid-April features an arts festival, a nighttime electrical parade, and a southern-style chicken dinner. (Though Dixie refers to the local Dixie College, no one can resist bringing in the Civil War South as well.) For a schedule of events: ***425 S. 700 East, Dixie Center, Dept. BHG, St. George, UT 84770; 801/628-7003.***

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● **Mexican hat dance. Olé!** Everybody's Hispanic when Tucson's Fiesta del Presidio rolls around, April 7 and 8. In a Mexican street-fair atmosphere, you'll have to pace yourself to hit all 50 Mexican food booths and still be standing for the street dance on Saturday night. Kids play games and do crafts, and a low-rider car show dazzles all ages. To learn more about this fun-filled outdoor celebration, contact the ***Tucson Festival Society, 425 W. Paseo Redondo, Suite 2, Dept. BHG, Tucson, AZ 85701; 602/622-6911.***

SHORT TAKES AND TIPS

News and notes to boost your travel plans

● **B & B, southwestern-style.** Feast on a southwestern breakfast at a charming Taos, New Mexico, B & B. Accommodations range from adobe haciendas and small inns in scenic locations to private homes, some with such amenities as tennis courts and hot tubs. For information, call ***Taos Central Reservations, 800/821-2437; in New Mexico, 505/758-9767.***



TUCSON FESTIVAL SOCIETY/KEN WOLFGANG

Colorfully costumed dancers perform during Tucson's Fiesta del Presidio, a popular outdoor party, April 7 and 8.

● **Pedal pushers.** Cyclists in Utah test their pedal mettle in alpine forests, sagebrush deserts, and red-rock country, as well as on city streets. Plan an exciting bicycle getaway with the free 1990 "Bicycle Utah Vacation Guide" from ***Bicycle Utah, Box 738, Dept, BHG, Park City, Utah 84060; 801/649-5806.***

● **Back in the saddle again.** Next time you're in Los Angeles, stop at the newly opened Gene Autry Western Heritage Museum in Griffith Park, near the zoo. This one-of-a-kind museum traces America's Western heritage from the Spanish conquistadors and Lewis and Clark to Gene Autry. The museum has first-rate fine art, including works of such greats as Frederic Remington and Thomas Moran, and plenty of historical arti-

continued on page G6

continued from page G5

facts. Visitors especially enjoy the gallery devoted to western television and film. Kids (of any size or age) sit astride a saddled horse and, with high-tech help, star in their own western adventure. ***213/667-2000.***

● **A world of opportunities for the disabled.** Physically disadvantaged people can choose from a variety of trips offered by Whole Person Tours, Inc., which specializes in domestic and international vacations especially for wheelchair travelers. Destinations include Hawaii, Walt Disney World, and Australia.

Travelers must be either self-sufficient or bring a helper. Tours feature wheelchair-accessible lodging, transportation, and sight-seeing. ***Box 1084, Dept. BHG, Bayonne, NJ 07002-1084; 201/858-3400.***



ROY KING/SUPERSTOCK

Visitors to Santa Fe, New Mexico, have their choice of many fine museums, including the architecturally fascinating Museum of Fine Art.

SANTA FE SUMMER

Cultural pleasures amid desert colors

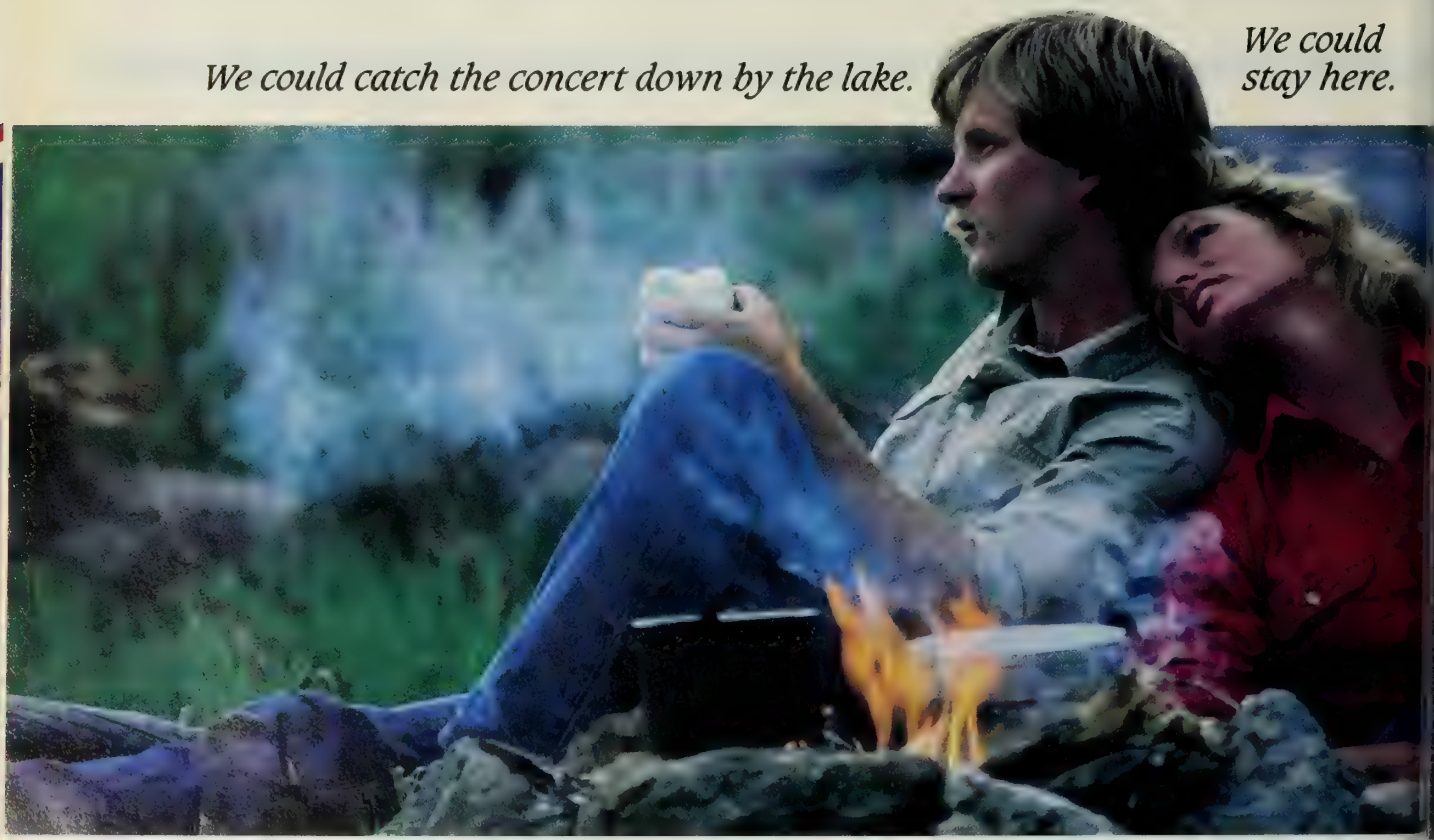
Summer in Santa Fe is as spectacular as the scenery. New Mexico's capital lures a multitude of visitors with its opera, museum-class art galleries, tony eateries, adobe architecture, August Indian Market, and unmatchable landscape.

On the 7,000-foot plateau where the compact city rests in immense surroundings, you can stand in brilliant sun and look across the undulating desert as it stretches in all directions to distant mountain ranges. You can watch a summer storm build and explode in lightning flashes, but, because of the horizon's vastness, the storm may take hours to reach you.

Before the Mayflower landed at Plymouth Rock, this magical land nourished inhabitants. Tucson's uniquely American food, art, architecture, and people blend influences from Native American, Spanish, Mexican, and Anglo societies.

We could catch the concert down by the lake.

We could stay here.



Explore on foot the colorful center of Santa Fe, with its galleries, shops, restaurants, and historical sites. But you'll need a car to venture outside of town to visit an Indian pueblo, drive along the Rio Grand Gorge, and poke through tiny mountain villages with houses draped in deep red chile ristras. To see the area the way the natives have for centuries, tour it on horseback.

FOLK ART MUSEUM

If you have time for only one museum during your stay, visit the Museum of International Folk Art, the largest of its kind in the world. The museum maintains more than 120,000 objects from 100 countries, with emphasis in Hispanic folk arts, textiles, ethnic costumes, and toys, all displayed in imaginative, innovative exhibits.

WHAT TO EAT, AND WHERE TO STAY

New Mexico's savory food blends Spanish, Indian, and Mexican cuisines. Enjoy authentic meals at easy prices at ***Maria's, 555 W. Cordova Rd.; 505/983-7929.*** Specialities include *posole* (a hearty stew of corn, pork, and peppers), green chile, and *carne adovada* (baked pork marinated in chilies).

For in-town lodging, the Hotel St. Francis is a grand old place within easy walking distance of galleries, restaurants, shopping, and the historical plaza. A 1920s spot revived in 1986, the hotel offers 83 rooms, each different and decorated with period beds and furnishings. Doubles range from $75 to $135. ***210 Don Gaspar, Dept. BHG, Santa Fe, NM 87501; 505/983-5700.***

Secluded in the hills three miles out of town, the grand and luxurious Bishop's Lodge is the perfect resort for families. A popular summer children's program, for ages 4 to 12, features counselor-supervised activities. Rates for a family of four, including breakfast and dinner daily, range from $134 to $354. ***Box 2367, Dept. BHG, Santa Fe, NM 87504; 505/983-6377.***

—Kathryn Stechert Black

Discover America

A WHOLE WORLD FOR FAMILIES TO SEE

Watch for this logo at restaurants and motels, and in special newspaper travel sections. The design represents a nationwide effort on the part of the travel industry to make vacationing in the U.S. easier, more rewarding, and more fun. There's a world of things to do and see in this great country of ours. That's why *Better Homes and Gardens®* magazine, dedicated to family travel, wholeheartedly supports the Discover America campaign.





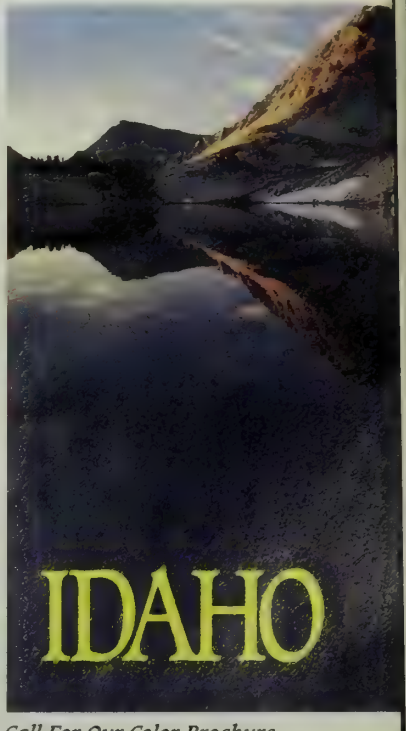
Toss the itinerary out the window and come to Idaho. You can make your own schedule. One minute at a time. It's called relaxing. Catching up with yourself. Winding down instead of getting wound up fighting crowds, standing in lines, keeping up.

Of course, Idaho has plenty to do. Especially during our Centennial.



From catching breakfast to catching the concert. And scintilating scenery to do it in. Lakes of riveting blue, mountains rising like cathedral spires, meadows embroidered with wildflowers.

So sleep in, let the phone ring, skip lunch, do what you really want to do. Come to Idaho.



Call For Our Color Brochure
1-800-635-7820

In Oregon, it's the people that are spoiled. Not the places.

The Pacific Ocean meets a lot of shoreline between Mexico and Alaska. But only in Oregon is all of it breathtakingly beautiful, clean and open to the public. That's because we were the first state in America to pass laws protecting our coast.

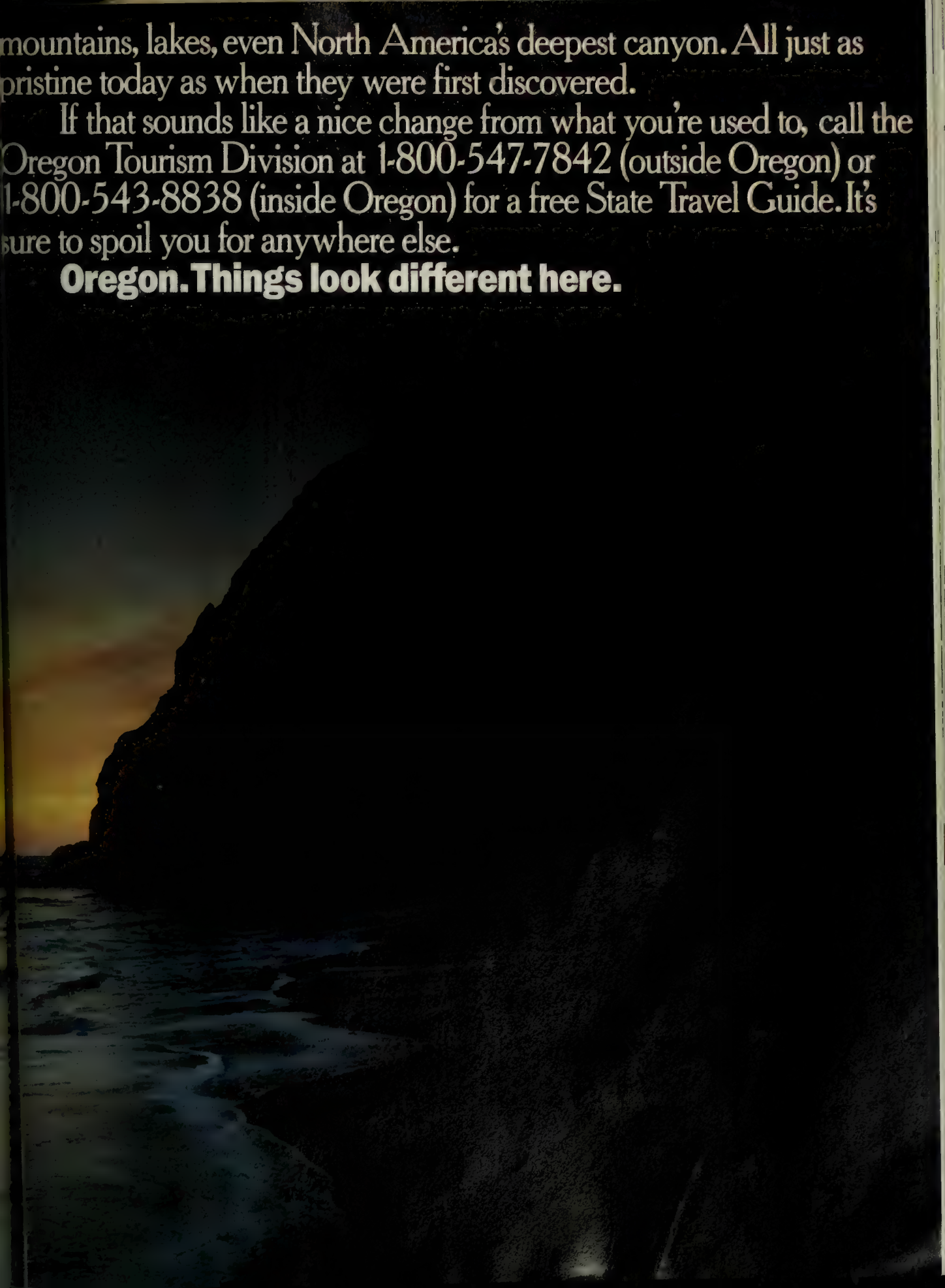
And when it comes to unspoiled landscapes, Oregon's beaches are just the start. Throughout the state you'll find spectacular rivers,



mountains, lakes, even North America's deepest canyon. All just as pristine today as when they were first discovered.

If that sounds like a nice change from what you're used to, call the Oregon Tourism Division at 1-800-547-7842 (outside Oregon) or 1-800-543-8838 (inside Oregon) for a free State Travel Guide. It's sure to spoil you for anywhere else.

Oregon. Things look different here.





If the last tower that impressed you went out with the tide,



it's time to find yourself in Wyoming.

DECORATING

COLOR QUIZ

TEST YOUR DECORATING KNOW-HOW

You've experienced the agony and the ecstasy of choosing colors for your home. The right choices spell satisfaction and well-spent money. Check the quiz below. It will help you avoid expensive errors.

SPACED-OUT COLOR

To make the room appear more spacious, you painted your walls white. A white carpet would stretch the space even more.

False. It's true that white walls recede, giving an illusion of space. However, a white floor fills your field of vision and seems to rise up, cutting down the illusion of space. To stretch floor space visually, cover it with a medium to dark color. Plain, bare floors and diagonally laid tiles stretch space farther than a sea of carpet.

PAINT CHIP TEST

A paint chip is not an accurate indicator of how the color will look on the wall.

True. The best test of a color's effect is to buy a small amount of that paint, brush it on a 2-foot square of paper, and hang the paper in the room you plan to paint. Live with it for a few days to see how it feels. In most cases, you'll wish for a less intense color.

THE WARM AND COOL OF IT

Red is a warm color; blue is cool.

False. Every color has a warm and a cool side: As long as colors have warmth or coolness in common, you can create unusual color combinations with success. To visualize this, look at paint chips of similar colors. For example, compare reds—compare the yellow in tomato-red with the blue in raspberry. Find the redness (warmth) in a periwinkle blue or the yellowness (warmth) in turquoise. To select a color scheme, decide whether it will be warm or cool. Then choose colors—for example, coral, turquoise, and lavender—with the same "temperature."

FINISHING TOUCH

The lightness or darkness of a color is affected by texture or finish.

True. A glossy, gleaming, or shiny finish will make a color look lighter than the same color with a dull or matte finish. You'll notice it when you toss shiny gold pillows on a matching velveteen sofa. The pillows will look lighter and brighter than the matte finish of the sofa.

THE LIGHT FANTASTIC

Color is not affected by light.

False. Fluorescent lighting cools colors, giving them a bluish cast. Incandescent lighting warms them up. Use full-spectrum lighting to show them at their natural best.



If the last cowboy you saw only hit a high C,



it's time to find yourself in Wyoming.



PAINTER'S HELPER

A garden hose, laid out in zigzag loops, supports shelf boards, cabinets, or other items that need to be painted to the bottom edge of their vertical surfaces. The hose provides a space between the items and the floor, which allows easy access for painting.

Mrs. V. L. Weese
Elkins, W.V.

BITTY BIT HOLDER

Here's a way to recycle a piece of white plastic foam. When storing very fine drill bits for your electric drill, push them into a flat square of white plastic foam. The tiny drill bits will stay together rather than fall to the bottom of the drill box or toolbox and become lost.

Marjorie Martin
San Francisco, Calif.

SEND US YOUR TIP

Mail your tip to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We can't acknowledge or return letters. But if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

BUILDING

TIPS, TOOLS, AND TECHNIQUES

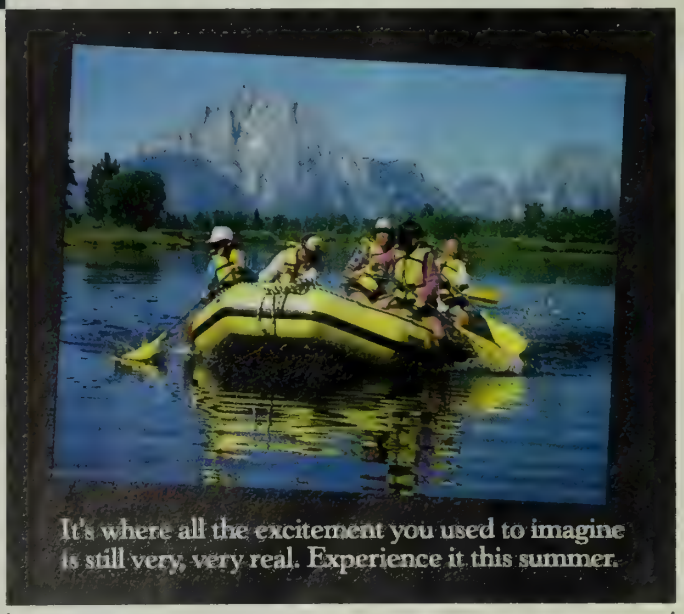
This is your column. It's the best of shop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. If we publish your tip, we'll pay you $25. See the box below for details.

HAIR-RAISING SOLUTION

You've owned a blow-dryer for a while, and it suddenly begins to shut itself off after a few seconds of use. The cause of the premature shutoff could be overheating due to a lint-blocked air intake vent (the vent is usually covered by a screenlike material). If so, unplug the dryer and gently remove the lint with a toothpick or an open safety pin. You'll give your dryer a "breath of fresh air."

Kimberly Malkogainnis, Sandy, Utah

Editor's note: Another option is to give the air intake vent a once-over with your vacuum cleaner hose.



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REMODELING

DYNAMIC DISHWASHING

WAIST-HIGH, ANGLED, AND TEAMED WITH STORAGE

You've seen ovens tucked up into wall niches for the cook's comfort and convenience. So why not dishwashers? Raise your expectations for appliances and you'll create a more efficient kitchen, one that will pamper your back for years to come.

CONVENIENCE IN DEMAND

As the increase in the number of retired persons continues, so does the demand for convenience. That's probably why a kitchen design idea we introduced in 1977 for its "no-one-has-to-bend-over" feature is making a comeback.



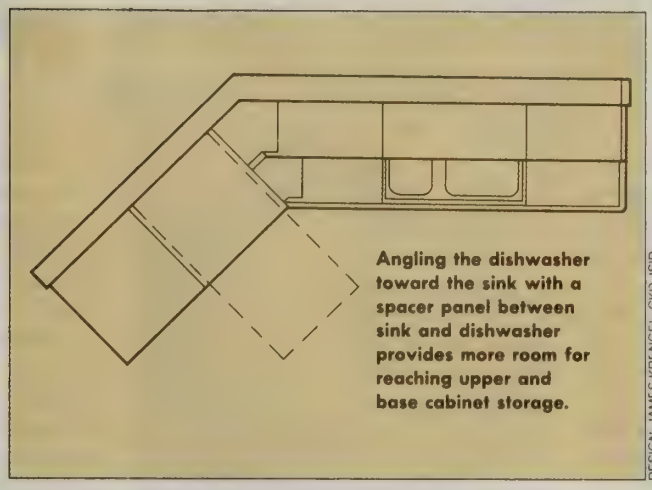
PHOTO: MAYTAG COMPANY DESIGN: JAMES KRENGEL, CKD, ISID

A dishwasher raised at least 18 inches from the floor is more comfortable and convenient to use than one at base-cabinet level.

The idea—a waist-high dishwasher—is given a more current treatment here. Jim Krengel, kitchen designer for the Maytag Company's Kitchen Idea Center, has designed a dishwasher "tower" installation near the sink counter. The concept is also in sync with homeowner requirements for abundant storage and efficiency. The raised dishwasher and other design tips are in Maytag's booklet "Innovative Ideas for Today's Kitchens."

SUPER CLEANUP CONCEPT

Even if you're not tall, an elevated dishwasher is comfortable to use. This raised dishwasher is angled toward the sink for more efficient reaching between the two. It's also separated from the sink by a corner spacer panel. The spacing is helpful in reaching upper and base cabinet storage while the dishwasher door is open.



Angling the dishwasher toward the sink with a spacer panel between sink and dishwasher provides more room for reaching upper and base cabinet storage.

DESIGN JAMES KRENGEL, CKD, ISID

FLEXIBLE STORAGE OPTIONS

Versatile storage units surround the dishwasher. Topmost in the tower could be horizontal shelves and/or vertical slots for miscellaneous storage and flat items such as cookie sheets and pizza pans. Below that, a tilt-down drawer head also could hide tray storage.

Or, substitute both storage spaces for a big microwave oven niche. Says Krengel: "Depending on how high you elevate the dishwasher, putting the microwave oven 6 to 10 inches off the counter is a good location. Any higher than that would be impractical."

A camouflaged access panel sits below the dishwasher, and a pullout drawer below that holds lids for pots and pans. There's even room left to install a pullout toe-kick step stool to give you a boost to overhead storage.

The tall pantry unit can store dry goods plus glassware and dishes for every day and entertaining. This frees the cabinets over the sink counter for spices, mixing bowls and measuring cups, and storage containers.

DOWN THE TUBES

Krengel shares another tip: "The dishwasher doesn't have to be by the sink. It can be plumbed directly into the waste line, so you can separate it from the sink area if you want it closer, say, to the dining area or a peninsula."

For a copy of "Innovative Ideas for Today's Kitchens," send $2 to: Maytag Company, One Dependability Square, Newton, IA 50208.



HEALTHFUL SPINACH SALAD

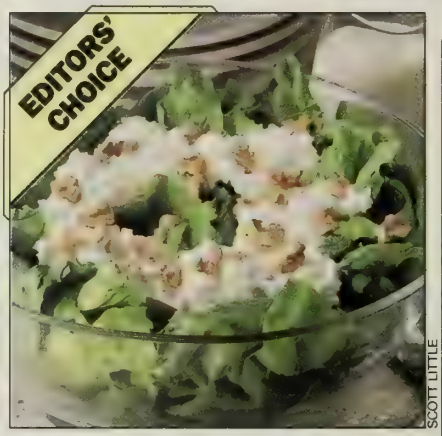
FRESH, QUICK, AND DELICIOUS!

First published in *Better Homes and Gardens*® in June 1975, Cottage Cheese and Spinach Salad combines both ingredients into one delicious salad. It's a favorite warm-weather salad of ours, and sure to become a favorite of yours, too.

COTTAGE CHEESE AND SPINACH SALAD

Try any of your favorite herb vinegars in this dressing—

- ½ cup dairy sour cream
- 2 tablespoons sugar
- 1 tablespoon prepared horseradish
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- 3 tablespoons herb-flavored vinegar



SCOTT LITTLE

Spinach and cottage cheese? Surprising, maybe—but, definitely sensational!

- 7 cups torn fresh spinach (10 ounces)
- 1½ cups cream-style cottage cheese
- ½ cup chopped walnuts

For the dressing, stir together the dairy sour cream, sugar, prepared horseradish, dry mustard, and salt. Using a wire whisk, gradually blend in the herb-flavored vinegar. Cover and chill in the refrigerator until serving time.

At serving time, place the torn fresh spinach in a large salad bowl. Spoon the cream-style cottage cheese on top of the spinach in a ring. Sprinkle with the walnuts. Pour on the dressing, and toss lightly till spinach is coated. Makes 6 to 8 side-dish servings.

Nutrition information per serving: *194 cal., 11 g pro., 11 g carbo., 13 g fat, 17 mg chol., 368 mg sodium, 405 mg potassium, 1 g dietary fiber. U.S. RDA: 69% vit. A, 23% vit. C, 13% riboflavin, 12% calcium.*

Think of it as garlic with an attitude.

TAKE IT FROM THE DELI

QUICK FIX-UPS FOR DELI MEATS

March up to the delicatessen counter when you need an easy and creative answer to dinner or a last-minute party food. Fully cooked, ready-to-use deli meats are full of possibilities.

PARTY FOODS

● **Stuffed Pea Pods:** Stir 1 to 2 tablespoons milk into about 4 ounces of braunschweiger or liverwurst. Pipe into fresh pea pods, split lengthwise.

● **Meat and Fruit Bites:** Wrap thin slices of prosciutto or corned beef around cherry tomatoes or melon balls. Thread onto wooden toothpicks.

● **Pepperoni-Stuffed Olives:** Fold thinly sliced pepperoni in half three times to make a wedge shape. Stuff into colossal-size pitted ripe olives.



Instant dinner ideas from the deli.

● **Tortilla Stacks:** Layer five 6-inch flour tortillas with 4 ounces sliced ham or salami and 4 ounces sliced cheese. Cover with waxed paper; micro-heat 2 minutes on high. Cut into wedges.

● **Skewered Appetizers:** Thread cubes of salami, cooked tortellini, cheese cubes, and fresh vegetables alternately onto skewers. Marinate, chilled, for several hours in Italian salad dressing. Drain; serve.

DINNER IDEAS

● **Salad for 2:** Toss bite-size strips of pastrami, corned beef, or salami (about 6 ounces) with one *undrained* 6-ounce jar marinated artichoke hearts and about 6 cups torn mixed greens. Serve immediately.

● **Meaty Pasta:** Stir strips of fully cooked ham, fully cooked turkey, or pepperoni into pasta during the last 5 minutes of boiling. Drain well. Top with your favorite pasta sauce.

● **Fast Fajitas:** Micro-warm bite-size strips of fully cooked turkey or cooked roast beef. Wrap in warm flour tortillas then top with salsa and sour cream.

● **Potatoes Plus:** Heat one 16-ounce can German-style potato salad. Stir in chopped, fully cooked salami or fully cooked ham. Warm and serve.

It's not just gold. It's bold. A fresh, assertive aroma. A coarser, livelier blend of natural garlic and parsley that we call Schilling's California Style. Try some today. Because just like California, it's a whole different experience.



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So, you see, the Hi Pro Glow is more than just a shiny coat, and you can only get it from Hi Pro.



SEEING SPOTS

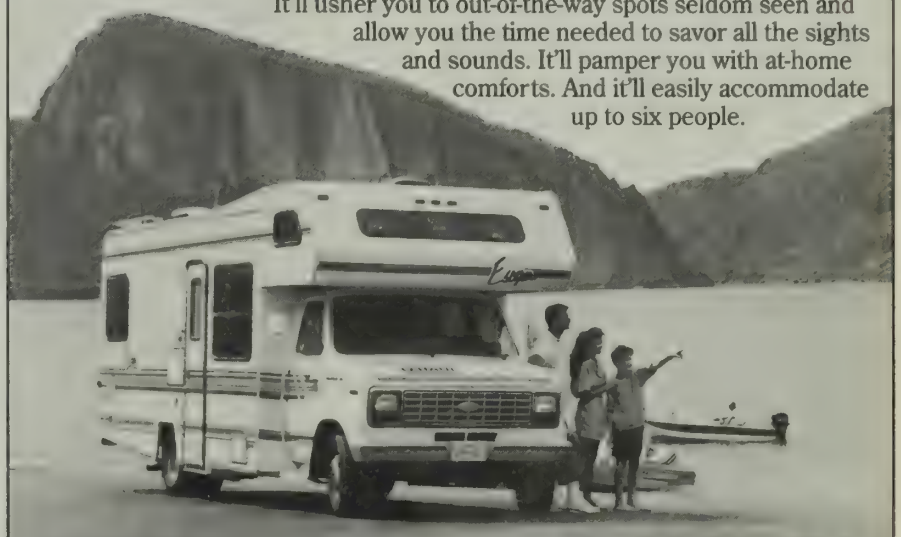
TREATING COMMON CARPET STAINS

Yikes! Spills and other accidents are bound to happen to your carpet sooner or later. If your carpet isn't stain-resistant, treat the stain or problem as quickly as you can. Follow one of the suggested procedures below.

- **Wax, tar, grease, and chewing gum.** Remove as much of the solid as you can by gently scraping with a dull knife or a spoon. Treat the stain with dry-cleaning fluid. For chewing gum, apply ice cubes in a plastic bag to harden the gum before scraping.
- **Cigarette burns.** Snip off the darkened ends of carpet fibers and gently blot the area with a detergent-vinegar solution (1 teaspoon of each in a quart of warm water). This procedure masks burn damage. For complete repair, patching is necessary.
- **Lipstick.** Gently blot the stain with dry-cleaning fluid, then with a detergent-vinegar solution. Rinse with a solution of 1 tablespoon of ammonia in a cup of water.
- **Animal stains, fruit juices.** If the stain is still wet or fresh, repeatedly sponge it with lukewarm water. Blot dry and treat with a detergent-vinegar solution. Wait 15 minutes, blot again, and sponge the area with clean water. Stains that have caused your carpet to change color often cannot be removed.
- **Paint.** Treat oil-based paints with turpentine, water-based paints with warm water.
- **Ink.** Treat ballpoint pen ink by blotting just the ink stain with denatured alcohol. Permanent ink is just what its name implies. Minimize stain by blotting at once with water.
- **For still-wet, unidentified stains:** Blot the soiled area with a clean dry cloth. If there are any solids, remove them with a spoon. Treat the stain with dry-cleaning fluid, followed by a solution of detergent-vinegar. Blot again, then let the area dry. If needed, reapply whichever cleaner seems to work better. Dry again, and brush gently to restore the pile.

Traveling Companions

It'll usher you to out-of-the-way spots seldom seen and allow you the time needed to savor all the sights and sounds. It'll pamper you with at-home comforts. And it'll easily accommodate up to six people.

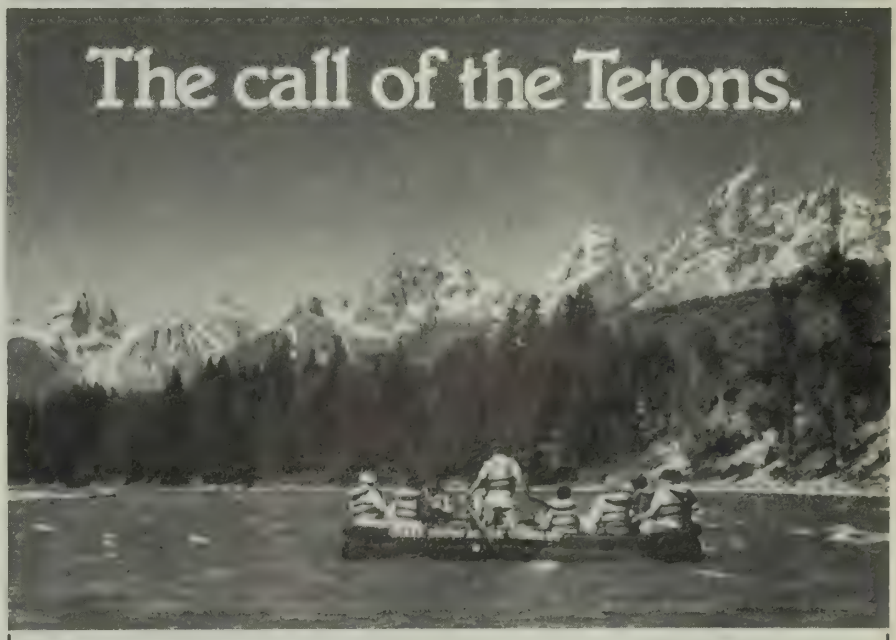


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NEW

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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Not available in some areas.

9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

JUST FOR HIM

A ONE-STOP DRESSING ROOM



PHOTOGRAPHS: LAURIE BLACK/ROSLYN BANISH ARCHITECT: HANK BRUCE REGIONAL EDITOR: HELEN HEITKAMP

Shelves, rods, racks, and drawers put everything within easy reach.

Looking for a way to shave minutes off the morning routine? A dressing room eliminates rummaging through drawers and ill-organized closets.

CONSOLIDATED STORAGE

Before remodeling their master suite, the owners of this man-size closet already had a full-fledged dressing room for the lady of the house—but storage for his clothes consisted of a walk-in closet with a single hanging rod, a shelf above, and very little else.

Annexing a linen closet brought all of his wardrobe together and put each item within easy reach. At one end, drawers hold underwear and socks. Shelves above and alongside the drawers make it easy to choose the right sweater, shirt, and shoes for the day.



His closet and hers form an L that opens to the master bath on the inside corner.

Hanging clothes were reorganized, too. Double- and single-tier rods replace the original single rod, providing 50 percent more hanging space. A slanted shelf stows shoes down under. A wire shelf on the opposite wall holds hats. Belts and ties hang below.

FRENCH OPEN.



These elegant patio doors will bring you into the swing of things with style. Our optional brass hardware was specifically designed for these French doors. Add an extra touch of clear or hand-beveled glass, with brass detailing, in our rectangular transom.

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BY TOM JACKSON

BATH BRIGHTENERS

Stop! Put down that sledgehammer. Demolition is not the only solution. If your bath suffers from the blahs and your budget's near bust, there's still hope. You can rejuvenate even the most boring bath with a transfusion of colorful new products. For example:



▲ TIMELY TRADITIONS

Create an old-world feeling and perk up your color scheme with Kohler's Antique faucet handles. The handle inserts come in 18 colors, including pearl onyx, chrome, and brass. Kohler Co., Kohler, WI 53044.



▲ AT YOUR SERVICE

Bathroom clutter? Call Lucy. This bath caddy form holds clothes, towels, toothbrushes, and coins—with nary a complaint. Comes in eight interchangeable colors. Watercolors, Garrison-on-Hudson, New York, NY 10524.

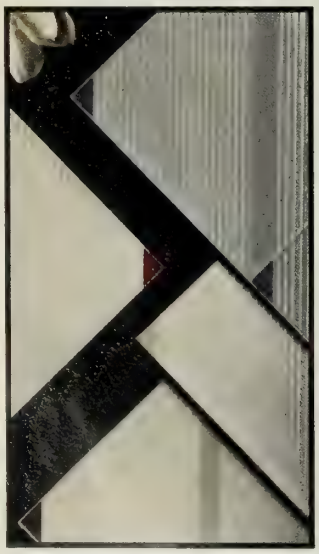


◀ SIMPLY RED

Jump-start any stalled color scheme with a jolt of red. The Exclusiv™ shower door is salvation for small-space baths. With 13 colors available, you can match your decor, accessories, or towels. ShowerLux U.S.A., P.O. Box 20202, Atlanta, GA 30325.

▼ CHOCOLATE MINT

Compose a new chromatic scale with these mellow tones from American Standard. Colors offered in tubs and toilets, too. American Standard Inc., One Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855.



▲ TIP SHEET

Make a point with the repeating pattern in this Moderne sheet vinyl flooring. Comes in black, red, sky blue, berry, adobe, rose mauve, and almond. Armstrong World Industries Inc., P.O. Box 3001, Lancaster, PA 17604.





▲ STRIP TEASE

For dynamic design, use these American Olean Sizzle Strips to trace architectural details, create a "picture" frame, or accent tubs and sinks. Colors coordinate with most other bath products. American Olean Tile, 1000 Cannon Ave., Lansdale, PA 19446-0271.

A wood shake roof can make any home look more radiant.



Wood shake roofs have been taking a lot of heat lately.

Which isn't surprising. After all, wood shake, when you think about it, is basically the same material as firewood.

A great way to start campfires, but certainly not the safest roofing material to put over your head.

Fortunately, there's a sensible alternative.

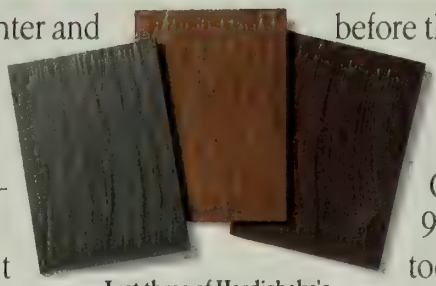
Reroof with Hardishake.

The particularly handsome fiber cement roofing material that can be installed to give your home the industry's highest fire rating (Class A).

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TILED WITH STYLE

Did you ever hanker to make an indelible mark on your home, one that would really personalize your haven from the world? Here's one way to design your kitchen to say, "This is ME."

THEIR TRUE COLORS

Valarie and Brian Percival share a passion for art and cooking. So they picked an art deco tile design to express themselves in their new kitchen when they built a contemporary variation of a traditional farmhouse.

Valarie first spotted the art deco design in a magazine, but it was red and yellow, and she wanted pastels. The Percivals teamed up with San Francisco ceramist Rodger Dunham to work out an adaptation of the design to fit the confines of their new kitchen.

The jazzy mix of square and triangular tiles dances along the countertops, up the backsplashes, across the range hood, and over the floor, creating an instant Percival stamp. What would yours be?



▲ **Colorful ceramic tiles punctuate this mostly white kitchen on the countertops, range hood, and backsplashes.**

◀ **The art deco pattern even leaps to the floor to define the kitchen space and tie it to the nearby breakfast nook.**

BY SUSAN SHEETZ

Photographs: Laurie Black/Roslyn Banish. Architects: J. Carson Bowler and John Cook. Tile design: Rodger Dunham. Regional editor: Helen Heitkamp

KID STYLE

Fun Furnishings for 'Tweens

BY REBECCA JERDEE



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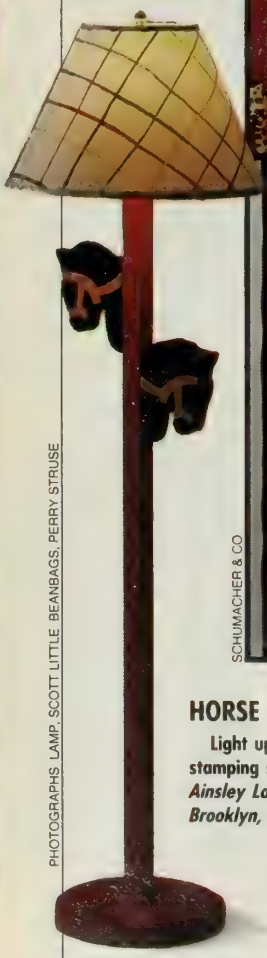
RECESS

Say the word and they're *gone*. This "Recess" border is perfect for 'tweens, kids between teddy bears and their teens. Use it with shirt-stripes wall covering. *Schumacher & Co., 79 Madison Ave., New York, NY 10016.*



YOUNG AT ART

Nothing matches a child's mania for collecting anything from pebbles to posters. Fat Cat will turn your kid into an art aficionado. $21. *Poster Originals, 330 Hudson St., New York, NY 10013.*



PHOTOGRAPHS: LAMP, SCOTT LITTLE. BEANBAGS, PERRY STRUSE

HORSE SENSE

Light up juvenile corners with stamping stallions. $200. *Gear for Ainsley Lamps, 1099 Flushing Ave., Brooklyn, NY 11237; 718/366-5400.*



BUNK BED HEAVEN

Bunk beds give kids a private getaway. Here's a twin-over-full bunk bed that features safety and durability. $600. *Amisco, P.O. Box 9584, Friendship Station, Washington, DC 20016.*



BAG IT

What goes around, comes around. Beanbag chairs are back. No need to coax the kids into slouching, goofing off, and kicking up with these colorful seats. $40. *JCPenney Catalog Spring/Summer; 800/222-6161.*



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FIRST AID FOR AILING APPLIANCES

WHAT YOU CAN DO YOURSELF

You probably hesitate to call a repairman when an anemic appliance leaves the dishes dirty or the clothes damp. "There must be something I can do," you say. You're right, there is. Try these quick fixes.

NURSING ALONG HOME APPLIANCES

The manufacturer's use-and-care guide should cover the quirks specific to your appliance, but here are some general problem situations and their solutions.

Dishwasher

Problem: Dishes stay dirty.
Solution: Clean the drain filter, located under the bottom dish rack, with a stiff brush and detergent. For maximum cleaning action, raise the setting on the water heater thermostat to 140 degrees Fahrenheit.

Clothes washer

Problem: Tub doesn't fill properly.
Solution: Particles can clog the filters, preventing water from entering at the rate it should. Locate and clean the small screens where the water goes into the machine.
Problem: Clothing gets torn or shredded.
Solution: Check for sharp or protruding objects or a broken spot in the agitator or drum. You may need to have the part replaced.

Clothes dryer

Problem: Clothes stay damp.
Solution: Be sure you're not overloading and that you are using the correct cycle. Remove lint buildup. Run the dryer and confirm that the outside flapper at the end of the vent pipe opens.

Range

Problem: A burner element fails to work.
Solution for electric range: Disconnect power supply and clean heat-element connections. Remove food deposits or corrosion with steel wool. If coil still doesn't work, you can usually unplug it and buy a replacement from a local repair shop. On an older range, compare the cost of replacing a coil or coils to the cost of a new appliance.
Solution for gas range: If a gas burner fails to ignite, and the pilot is lit, make sure that the burner itself is clean and that the gas to the house is turned on. Be careful with oven cleaners—they can damage the thermocouple (the thin rod next to the pilot light). Cover the thermocouple with a piece of aluminum foil to protect it when cleaning.

Microwave ovens

A microwave oven is one appliance you should never attempt to repair yourself. Call the manufacturer's hot line or an experienced technician for help.

For more information:

Write the Association of Home Appliance Manufacturers for their series of free articles, "Common Consumer Experiences." Contact: AHAM, 20 N. Wacker Drive, Chicago, IL 60606.

YOU CAN MAKE UP TO

$9,800 in 24 Hours!

Dear Friend,

I made $9,800 in 24 hours. You may do better!

My name is John Wright. Not too long ago I was flat broke. I was $31,000 in debt. The bank repossessed my car because I couldn't keep up with the payments. And one day the landlord gave me an eviction notice because I hadn't paid the rent for three months. So we had to move out. My family and I stayed at my cousin's place for the rest of that month before I could manage to get another apartment. That was very embarrassing.

Things have changed now. I own four homes in Southern California. The one I'm living in now in Beverly Hills is worth more than one million dollars. I own several cars, among them a brand new Mercedes and a brand new Cadillac. Right now, I have a million dollar line of credit with the banks and have certificates of deposit at $100,000 each in my bank in Beverly Hills.

Best of all, I have time to have fun. To be me. To do what I want. I work about 4 hours a day, the rest of the day, I do things that please me. Some days I go swimming and sailing — shopping. Other days, I play racquetball or tennis. Sometimes, frankly, I just lie out under the sun with a good book. I love to take long vacations. I just got back from a two week vacation from — Maui, Hawaii.

I'm not really trying to impress you with my wealth. All I'm trying to do here is to prove to you that if it wasn't because of that money secret I was lucky enough to find that day, I still would have been poor or may be even bankrupt. It was only through this amazing money secret that I could pull myself out of debt and become wealthy. Who knows what would have happened to my family and me.

Knowing about this secret changed my life completely. It brought me wealth, happiness, and most important of all — peace of mind. This secret will change your life, too! It will give you everything you need and will solve all your money problems. Of course you don't have to take my word for it. You can try it for yourself. To see that you try this secret, I'm willing to give you $20.00 in cash. (I'm giving my address at the bottom of this page.) I figure, if I spend $20.00, I get your attention. And you will prove it to yourself this amazing money secret will work for you, too!

Why, you may ask, am I willing to share this secret with you? To make money? Hardly. First, I already have all the money and possessions I'll ever need. Second, my secret does not involve any sort of competition whatsoever. Third, nothing is more satisfying to me than sharing my secret only with those who realize a golden opportunity and get on it quickly.

This secret is incredibly simple. Anyone can use it. You can get started with practically no money at all and the risk is almost zero. You don't need special training or even a high school education. It doesn't matter how young or old you are and it will work for you at home or even while you are on vacation.

Let me tell you more about this fascinating money making secret:

With this secret the money can roll in fast. In some cases you may be able to cash in literally overnight. If you can follow simple instructions you can get started in a single afternoon and it is possible to have spendable money in your hands the very next morning. In fact, this just might be the fastest *legal* way to make money that has ever been invented!

This is a very safe way to get extra cash. It is practically risk free. It is not a dangerous gamble. Everything you do has already been tested and you can get started for less money than most people spend for a night on the town.

One of the nicest things about this whole idea is that you can do it at home in your spare time. You don't need equipment or an office. It doesn't matter where you live either. You can use this secret to make money if you live in a big city or on a farm or anywhere in between. A husband and wife team from New York used my secret, worked at home in their spare time, and made $45,000 *in one year.*

This secret is simple. It would be hard to make a mistake if you tried. You don't need a college degree or even a high school education. All you need is a little common sense and the ability to follow simple, easy, step-by-step instructions. I personally know a man from New England who used this secret and made $2 million *in just 3 years.*

You can use this secret to make money no matter how old or how young you may be. There is no physical labor involved and everything is so easy it can be done whether you're a teenager or 90 years old. I know one woman who is over 65 and *is making all the money she needs* with this secret.

When you use this secret to make money you never have to try to convince anybody of anything. This has nothing to do with door-to-door selling, telephone solicitation, real estate or anything else that involves personal contact.

Everything about this idea is perfectly legal and honest. You will be proud of what you are doing and you will be providing a very valuable service.

It will only take you two hours to learn how to use this secret. After that everything is almost automatic. After you get started you can probably do everything that is necessary in three hours per week.

Here's what newspapers and magazines are saying about this incredible secret:

The Washington Times:
The Royal Road to Riches is paved with golden tips.

National Examiner:
John Wright has an excellent guide for achieving wealth in your spare time.

Income Opportunities:
The Royal Road to Riches is an invaluable guide for finding success in your own back yard.

News Tribune:
Wright's material is a MUST for anyone who contemplates making it as an independent entrepreneur.

Success!
John Wright believes in success, pure and simple.

Money Making Opportunities:
John Wright has a rare gift for helping people with no experience make lots of money. He's made many people wealthy.

California Political Week:
. . . The politics of high finance made easy.

The Tolucan:
You'll love . . . *The Royal Road to Riches.* It's filled with valuable information . . . only wish I'd known about it years ago!

Hollywood Citizen News:
He does more than give general ideas. He gives people a detailed A to Z plan to make big money.

The Desert Sun:
Wright's *Royal Road to Riches* lives up to its title in offering an uncomplicated path to financial success.

PROOF

I know you are skeptical. That simply shows your good business sense. Well, here is proof from people who have put this amazing secret into use and have gotten all the money they ever desired. Their initials have been used in order to protect their privacy, but I have full information and the actual proof of their success in my files.

'More Money Than I Ever Dreamed'

"All I can say — your plan is *great!* In just 8 weeks, I took in over $100,000. More money than I ever dreamed of making. At this rate, I honestly believe, I can make over a million dollars per year."
A. F., Providence, R.I.

'$9,800 In 24 Hours!'

"I didn't believe it when you said the secret could produce money the *next morning.* Boy, was I wrong, and you were right! I purchased your *Royal Road to Riches.* On the basis of your advice, $9,800 poured in, in less than 24 hours! John, your secret is incredible!"
J. K., Laguna Hills, CA

'Made $15,000 In 2 Months At 22'

"I was able to earn over $15,000 with your plan — in just the past two months. As a 22 year old girl, I never thought that I'd ever be able to make as much money, as fast as I've been able to do. I really do wish to thank you, with all of my heart."
Ms. E. L., Los Angeles, CA

'Made $126,000 In 3 Months'

"For years, I passed up all the plans that promised to make me rich. Probably I am lucky I did — but I am even more lucky that I took the time to send for your material. It changed my whole life. Thanks to you, I made $126,000 in 3 months."
S. W., Plainfield, IN

'Made $203,000 In 8 Months'

"I never believed those success stories. . . never believed I would be one of them. . . using your techniques, in just 8 months, I made over $203,000. . . made over $20,000 more in the last 22 days! Not just well prepared, but simple, easy, fast. . . John, thank you for your *Royal Road to Riches!*"
C. M., Los Angeles, CA

'$500,000 In Six Months'

"I'm amazed at my success! By using your secret I made $500,000 in six months. That's more than twenty times what I've made in any single year before! I've never made so much money in such short time with minimum effort. My whole life I was waiting for this amazing miracle! Thank you, John Wright."
R. S., Mclean, VA

As you can tell by now I have come across something pretty good. I believe I have discovered the sweetest little money-making secret you could ever imagine. Remember — I guarantee it.

Most of the time, it takes big money to make money. This is an exception. With this secret you can start in your spare time with almost nothing. But of course, you don't have to start small or stay small. You can go as fast and as far as you wish. The size of your profits is totally up to you. I can't guarantee how much you will make with this secret but I can tell you this — so far this amazing money producing secret makes the profits from most other ideas look like peanuts!

Now at last, I've completely explained this remarkable secret in a special money making plan. I call it "The Royal Road to Riches". Some call it a miracle. You'll probably call it "The Secret of Riches". You will learn everything you need to know step-by-step. So you too can put this amazing money making secret to work for you and make all the money you need.

To prove this secret will solve all your money problems, don't send me any money, *instead postdate* your check for a month and a half from today. I guarantee not to deposit it for 45 days. I won't cash your check for 45 days before I know for sure that you are completely satisfied with my material.

$20.00 FREE!

There is no way you can lose. You either solve all your money problems with this secret (in just 30 days) or you get your money back *plus* $20.00 *in cash* **FREE!**

Do you realize what this means? You can put my simple secret into use. Be able to solve all your money problems. And if for any reason whatsoever you are not 100% satisfied after using the secret for 30 days, you may return my material. And then I will not only return your original UNCASHED CHECK, but I will also send you an *extra $20.00 cashiers check* just for giving the secret an honest try according to the simple instructions.

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SWORN STATEMENT:

"As Mr. John Wright's accountant, I certify that his assets exceed one million dollars."
Mark Davis

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SITTING IN THE CATBIRD SEAT

The Long, Happy Life Of an Indoor Cat

BY CANDYCE H. STAPEN, Ph.D.



CAROL MOFF

Statistics show that indoor cats live twice as long," says Ilona Rodan, a Madison, Wisconsin, veterinarian and president of the American Association of Feline Practitioners.

"The trend now is to have indoor cats," notes Rodan. "In my practice, probably 80 percent of the owners keep cats indoors, but 10 years ago it was more fifty-fifty."

Why the switch?

BEHIND CLOSED DOORS LIES SAFETY

Outdoor cats pay a hefty price for their freedom. When compared with their indoor littermates, unfettered felines are much more likely to catch viruses and suffer bites from other animals, be hit by cars, and ingest toxins such as antifreeze.

Thinking of putting the cat out? That's a risky move, say the experts. Here's why, along with ways to make Morris feel right at home—indoors.

"Even though indoor cats do live a more restricted life, they seem to be totally contented this way," says Susan McDonough, a Philadelphia veterinarian who limits her practice to felines. "Most cats raised as house cats do not have any particular interest in going outside. There are no benefits to a cat in going outdoors; only detriments."

The benefit some owners cite for raising an outdoor animal—a house free of cat litter, cat box odor, and on-the-carpet mistakes—does nothing for their pet. In fact, says Richard Thoma, a Cheektowaga, New York, veterinarian, it "is a bit of a copout. Such problems come from the owner's poor training."

If Cleopatra soils the rug, have the vet check her for a bladder infection or other problems. Then change the brand of litter—perhaps she didn't like its scratchy feel or floral aroma.

Also try switching the litter box's location; sometimes moving it from the damp corner in the basement to the more accessible first-floor powder room cures the cat.

BRINGING KITTY INSIDE

Cats raised as homebodies from kittenhood don't miss what's on the other side of the window. But in order to ease a former outdoor roamer into the indoor life, the cat probably will require between two and four weeks of careful retraining. Some older cats may need a few months to adapt to the indoors, however.

- **Neuter or spay the cat,** Thoma suggests. This curtails its desire to define territories and to search for mates.
- **Be consistent.** Avoid the temptation to let your cat out again. It's like smoking, Thoma says. If you're going to quit, you have to quit for good.
- **Eliminate the cat's desire to go outside.** To quell Tiger's interest in the front door, spray him with water from a plant sprayer, McDonough says. If Cleopatra is accustomed to chasing squirrels, don't frustrate her by leaving the window drapes wide open.
- **Play with your cat.** Frequent, vigorous exercise is a tonic for indoor cats.
- **Grow cat grasses in a flowerpot** on your windowsill so Tiger can satisfy his craving for his favorite greens.

A few newly housebound cats experience some initial distress. "If the cat's really upset," cautions Rodan, "use tranquilizers under a vet's supervision." Anxiety signs include frequent pitiful meowing, urinating everywhere but in the litter box, or pulling out hair.

MAKING THE OUTDOORS SAFER

Although the outdoors contains many potential dangers for felines, you may wish to give an indoor cat an occasional taste of fresh air. If so, use a leash or a harness. Stay nearby to protect your pet from roving toms and dogs. Of course, a well-adjusted indoor cat can get along just fine without ever stepping outside. You could just let Cleo prowl around a screened-in room.

With perseverance and love, most felines quickly enjoy the benefits of becoming couch cats, not the least of which include added closeness with owners, and a longer, healthier life.



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CAR WON'T START?

What to look for, What to do

BY MARK HENRICKS



The most likely cause for a non-starting car is a failure to get fuel and fire together in your engine. The clue to the problem could be in the sound, so pay attention when you turn the key.

SYMPTOM: Silence or a clicking noise
Likely cause: Dead battery
What to do: If you left lights or the radio on, your battery probably has drained its charge. But batteries also can lose their charge with everything turned off. Flip on the headlights; if they're dim or don't shine at all, you may have a defective battery or charging system, and you'll need a boost.

Before you call for help, check for a loose cable or a kind of white powder caked on the battery. Open the hood and gently poke the flat blade of a plastic-handled screwdriver between the positive battery post (marked "POS" or with a plus sign) and the round cable clamp. Twist the screwdriver slightly while someone tries the starter. If it still won't spin, the battery is probably the culprit. *Caution:* Be sure your screwdriver has an insulated, plastic handle, and don't touch the metal part of the screwdriver.

Tip: Always carry a set of jumper cables. Be sure you know how to use them safely.

SYMPTOM: The motor spins strongly when you turn the key, but won't catch
Likely cause: Out of fuel
What to do: The gauge may read "full," but gauges can be wrong. Open the gas-tank cap. Rock the car slightly. Listen for splashes. If all's quiet, remember that even racers run out of gas sometimes. *Tip:* Carry an approved, empty gasoline container in the trunk. Get at least a gallon of gas and expect to have to crank the starter for several seconds.

—Free-lance author Mark Henricks writes about business, cars, and other topics from his home in Texas.

Don't let the mournful grind of a stalled car grind you down. Try this advice instead.

SYMPTOM: Tank has gas in it, and the motor spins without catching
Likely cause: Faulty fuel system
What to do: Open the hood. Take off the air-cleaner cover. This round, pan-like cover usually is held by a wing-nut screw and a clip or two. Have someone press down on the accelerator while you look down through the middle of the air cleaner, into the throat of the carburetor. (Keep your face a foot or so away, to avoid possible spurting gas.) Do you see any gas squirting in or vapor rising out when the accelerator pedal is pressed? If not, you could have a clogged fuel filter. Nearly any roadside service station can fix this one quickly and relatively cheaply. Other possible causes, such as an out-of-adjustment carburetor or broken fuel pump, are more complex.

Tip: If your filter clogs often, you may be buying dirty fuel.

SYMPTOM: The motor spins and fires once or twice, but runs so roughly it won't keep going
Likely cause: Loose or faulty spark-plug wires
What to do: Thick, usually black or gray wires connect spark plugs to the round, plastic distributor cap. Press them down firmly at each end. Then try to start the car again.

If that won't do it, remove one spark-plug wire by pulling up on the rubber boot where it connects to the plug. Wrap it in a thick rag to insulate your hand. Hold the booted end near the cast-iron exhaust manifold or any large metal part of the engine, away from the carburetor. Leave the other end plugged into the distributor.

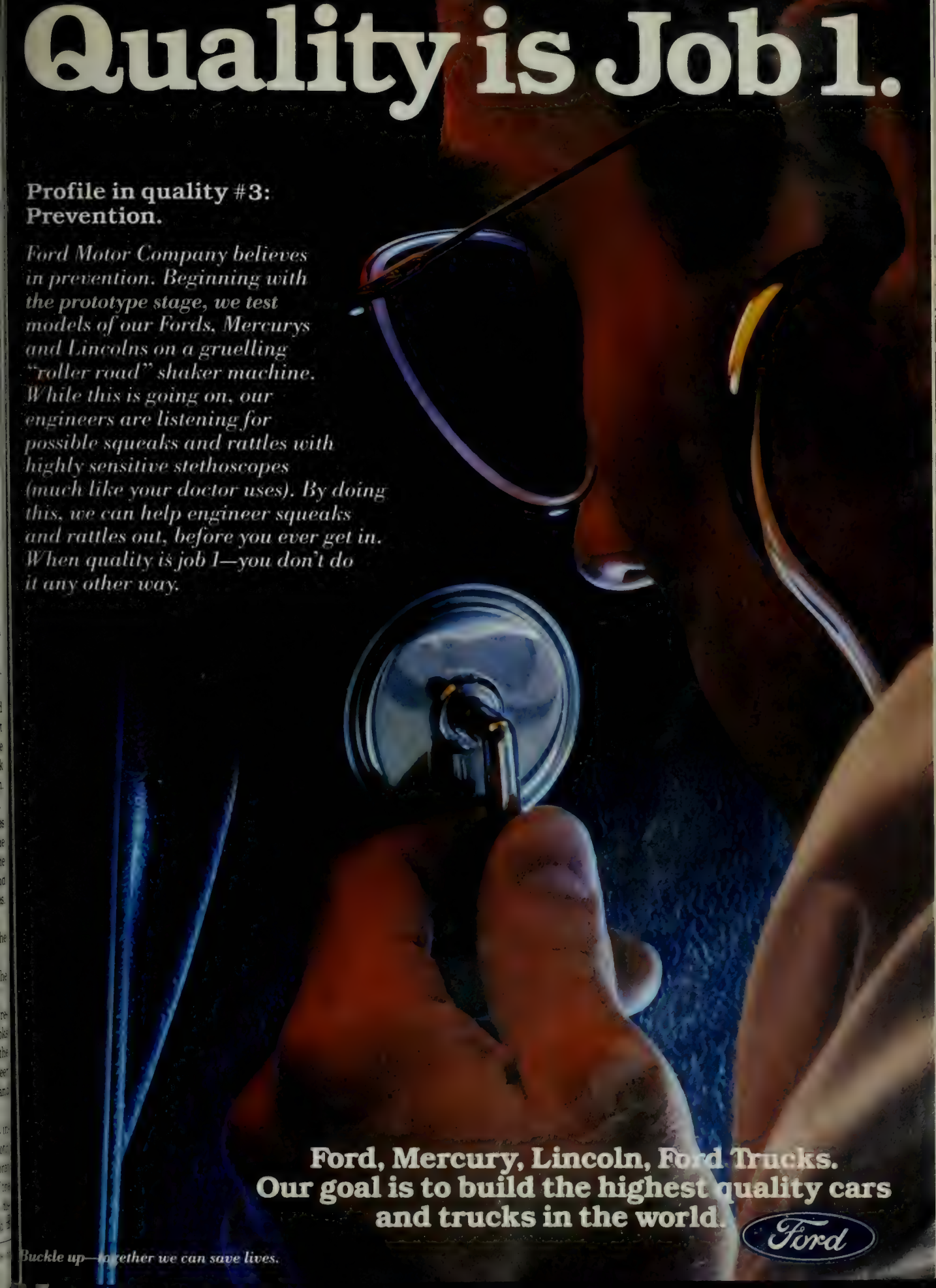
Now, have someone turn the key, spinning the starter for a second or two. Look for a spark leaping from the end of the boot. The wire should send a hot spark jumping across a gap of a couple of inches. If not, it's bad. If wires check out, spark plugs may be the problem. You'll need a wrench to get those out.

Tip: Occasionally check plug wires for cracking or worn spots. Replace the whole set if one is bad. But save the longest good wire from the old set and carry it in your trunk for emergencies.

SYMPTOM: It's a rainy day, and the car's motor won't start
Likely cause: There is moisture in the distributor cap
What to do: Using a screwdriver, remove the distributor cap, which looks like an upside-down cup with all the spark-plug wires coming out of it. Peer in, leaving the wires connected, and look for signs of wetness inside.

Tips: Try drying the distributor's innards with a clean, lint-free cloth. Squirt some mechanic's drying spray into the cap when trouble strikes. If the problem happens frequently, your distributor cap may need to be replaced.

Quality is Job 1.



Profile in quality #3: Prevention.

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ROADS NORTH

FAMILY VACATIONS IN CANADA

COURTESY OF QUEBEC TOURISM. INSET: GREATER MONTREAL TOURISM & CONVENTION BUREAU



Vacationers enjoy Canada's outdoor adventures and city amusements—canoeing in Quebec and Montreal's La Ronde park.



BY GEORGE S. BUSH

From the great outdoors to exciting cities, Canada has it all. Here's a sampler of family vacations in three provinces, including camping in Ontario, enjoying Montreal with the kids, and touring British Columbia. Because Canadian costs tend to be high right now, we also give you budget-stretching pointers on moderately priced, family-oriented accommodations and restaurants.

continued on page 148

Note: Prices are in U.S. dollars and should be considered approximate. They were converted based on the exchange rate of $1 Canadian equals 86 cents U.S.

Some of the most idyllic campsites you can imagine await you three hours from Toronto in

ONTARIO

continued from page 147

GEORGIAN BAY
Island-paradise camping

Soft waves curl into the secluded cove where your tent snuggles amidst oak and pine. There's no other soul in sight—just water, sky, moss-cloaked rock, and fragrant thickets of juniper brush. Honey Harbour, gateway to Lake Huron's gorgeous Georgian Bay, lies three hours north of Toronto, via Highways 400 and 59. From there it's only a few minutes by skiff.

To claim your private paradise, load your family, gear, and victuals on a water taxi, which drops you off and picks you up at an appointed time for a fare of $16. Camping fees run $6.50 a day.

Swim and snorkel in your cove, cast from the dock for panfish, and watch deer prance from the woods.

There are 100 remote campsites in Georgian Bay Islands National Park, which encompasses all or part of 51 islands and islets. Each has a tent pad and stone stove and is well removed from its neighbors. Few locations have more than 10 sites, all of which share a dock, woodpile, and pit toilet. The maximum stay for campers is two weeks.

Sites are first-come, but this park truly qualifies as a best-kept secret. Except on the long weekends of Canada Day and Labor Day, you should have no problem securing a good spot. Among the nicest are Honeymoon Bay and Chimney Bay on Beausoleil (pronounced Bowsley) Island, the nearest to Honey Harbour.

Besides providing water taxis, the Honey Harbour Boat Club and Admiral's Marine rent four-passenger outboards for $43 a day, so you can put-put the two or three miles to your campsite on your own and explore other islands. The boats come in handy, too, when you want to fish for pike, largemouth bass, and muskie, which are difficult to catch from the dock. Well-marked and sheltered waterways connect the mainland with the inner islands.

The park's campground features a beach for swimming, toilets, showers, kitchen shelters, laundry facilities, interpretive center, and nature programs.

For more information on the campground and park: ***Box 28, Dept. BHG, Honey Harbour, Ontario POE 1E0, Canada; 705/756-2415.***

continued on page 150



MASTERFILE/BILL BROOKS

From Toronto's CN Tower, on the right, you can see for 100 miles, into the United States.

TORONTO WITH THE KIDS

TOP FAMILY ATTRACTIONS

- **CN Tower:** Gaze across Lake Ontario into the U.S., from the tallest structure ever built.
- **Tour of the Universe:** Rocket to Jupiter on a mock space shuttle, based on computerized NASA flight simulators. TV visuals, coordinated with shakes and bounces, enhance the experience.
- **Harbourfront:** Shop, dine, rent a boat, and romp at the playgrounds.
- **Centreville:** This theme park on the Toronto Islands for small children is just a ferry ride from Harbourfront.
- **Ontario Place:** At this immense recreational and entertainment complex on the Toronto waterfront, kids delight in Children's Village, their fantasy of a super playground made reality.
- **Ontario Science Centre:** Youngsters experiment with working exhibits, such as electronic microscopes and lasers, in this outstanding hands-on museum.
- **Metro Toronto Zoo:** From antelopes to zebras, more than 4,000 animals inhabit one of the continent's finest zoos.

WHERE TO STAY AND WHAT TO EAT

- **Downtown hotels** run from about $86 up for a family. The Delta Chelsea Inn offers a day-care center.
- **Motels** on the outskirts range from $52 to $86. Check packages from motels around Canada's Wonderland, an amusement park 35 minutes north of downtown.
- **Eating tip:** Good restaurants if you have kids are Mr. Greenjeans and J.J. Mugg's at Eaton Center, a popular place to shop; Wally Magoo's Marinebar at the Harbourfront; Toby's Goodeats hamburger chain; and the Fran chain.

INFORMATION

Metro Toronto Visitors Association, P.O. Box 126, Dept. BHG, Toronto, Ontario M5J 1A7, Canada; 416/368-9821.

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COLORADO

1 - 8 0 0 - 4 3 3 - 2 6 5 6

Colorado Tourism Board, Box 38700
Dept. 102, Denver, Colorado 80238

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Salmon, seabirds, scenic vistas, wilderness canoeing, and Montreal highlight a trip to

QUEBEC

continued from page 148

THE GASPÉ PENINSULA

A fascinating driving tour

At the tip of the Gaspé Peninsula, 500 miles northeast of Montreal, a lonely lighthouse wails its eerie greeting. Beyond it, towering limestone ramparts recede into the fog that swirls up from the sea. Suddenly, sunshine bursts through the scudding mist, and the cape's escarpment glitters like a mirage of gold above the roiling surf.

This sight alone is worth the long journey to the far reaches of our continent. But much more awaits when you arrive—shrill colonies of birds nesting on neck-craning cliffs, salmon by the thousands rushing to their spawning grounds, and caribou grazing the tundra meadows.

Highway 132, which rounds the Gaspé Peninsula, climbs over passes with vast seascape vistas, dips down into picturesque coves, and snakes along driftwood beaches. Dozens of old fishing villages along the way are as French in mood and cookery as if they were on the Norman coast.

The Gaspé loop starts at Sainte-Flavie, about a day's drive from either Montreal or Quebec City. Stop to visit the Métis botanical gardens and the Atlantic Salmon Interpretative Center. Schedule your trip so you can be there at mealtime to sample the restaurant's delicious salmon dishes.

A different salmon adventure awaits you at Matane, 38 miles farther up the Peninsula. From early July to late September, you can watch as salmon fight the tumbling waters up a "fish ladder" to reach their spawning grounds.

At Sainte-Anne-des-Monts, detour a few miles inland into the mountains. The provincial park hotel, Le Gite du Mont Albert, rents pleasant family cottages for $47 to $82 a night. *(418/763-2288.)* From here, you can reach a hiking trail to the heights of Mont Jacques-Cartier, home to about 200 caribou, Canadian cousins of the reindeer. The round-trip hike takes two to three hours.

Another day brings you to Cap-des-Rosiers, on the Gulf of St. Lawrence, and its lighthouse, which you can tour between early June and the end of August. At a small harbor nearby, take a two-hour cruise, guided by the naturalists of Forillon National Park. You'll ply along the peninsula's escarpment for close-up views of birds that use the Gaspé cliffs as high-rise apartments ($24; under 14, $12).

If you prefer camping, stay at the park's Petit Gaspé campground. From the secluded sites terraced into a wooded slope, you can look far out to sea ($8.50 a night).

Percé Rock, the Gaspé's most famous and dramatic landmark, juts from the sea south of Forillon Park. At low tide, you can walk to the rock on a land bridge to see North America's largest seabird colony. Or, you can circle the rock aboard a cruise boat ($24; under 14, $12).

Your tour then returns you to your starting point via the south shore and the Matapédia Valley, famed for its salmon fishing ($17 a day; guide with boat, $65).

Gaspé motels generally run between $52 and $69 for a family of four, and several decent parks with campgrounds appropriate for families dot the route.

For more information, contact: ***ATR Gaspésie, 367 Route de la Mer, Dept. BHG, St. Flavie, Quebec G0J 2L0, Canada; 418/775-2223.***

continued on page 152



▶ Families enjoy La Ronde's clowns, roller coasters, and water slides.

▼ At La Mauricie, paddle for up to two weeks in the backcountry.

MASTERFILE/BILL BROOKS; INSET: MASTERFILE/DEREK CARON

Don't let your dog eat this page.



yone
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. Terry had
energy and an
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that his food
peared! Terry was
rel- en without his best
Sammy.

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wl much louder. The
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, rolling down hills, and
g into mischief.

One day Farmer Josh was load-
g pumpkins into his truck.
the food truck! Let's go for
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watch the chickens?"
asked. "We'll only be
a few minutes, besides,
ungry," Terry answered
g into the truck. All of
n, the truck's motor
and before Sammy
ay another word, Terry
ruck had vanished
d of dust. "Here
her adventure!"
claimed, and
his friend

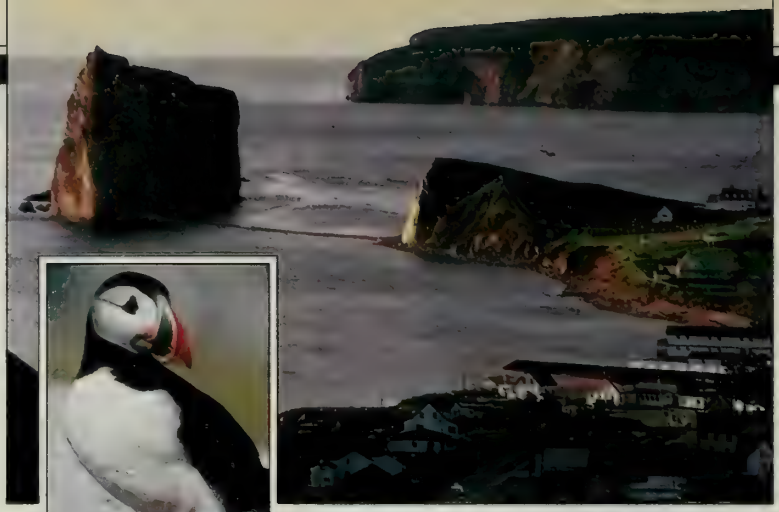
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Dogs don't know they're not people food.

Purina®

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In low tide, you can walk across the land bridge that connects a Gaspé village with Percé Rock, where 14 puffins and thousands of gannets live in North America's largest seabird colony.

COURTESY OF QUEBEC TOURISM; INSET: MASTERFILE/GARRY BLACK

continued from page 150

LA MAURICIE NATIONAL PARK

Splendid canoeing

You don't expect to find pristine wilderness at the doorstep of two big cities. That's why La Mauricie National Park comes as a pleasant surprise. The natural wonderland in the lake-studded Laurentian Mountains is just two hours from the cities of Montreal and Quebec.

Weekdays are best, if you seek tranquillity. Otters and beavers emerge from their hideouts, moose venture from the woods to splash in shallows, and you have the park's canoe trails almost to yourself.

For day paddles, base yourself at the excellent Mistagance campground, where you can rent canoes and swim. Mistagance lies near the park's main entrance, 35 miles north of the St. Lawrence River bridge at Trois-Rivières. You can also canoe into the backcountry for up to 14 days. Overnight camps are spaced a few miles apart.

As you wend your way between cliffs and dense forests of balsam, spruce, maple, and birch, you will find canoe routes clearly marked. Longer passages may call for portages, especially in late summer. Most park rangers are French Canadians, but they are required to know English, so you can discuss itineraries with them. In early season, the canoeing is easier, the fishing tops. Count on catching your limit of five speckled trout most days.

Nearby Shawinigan, between Trois-Rivières and the park, has motels and restaurants. ***Canadian Park Service, 465 5th St., P.O. Box 758, Dept. BHG, Shawinigan, Quebec G9N 6V9, Canada; 819/536-2638.***



TOP FAMILY ATTRACTIONS

- **Jet boating the Lachine Rapids of the St. Lawrence River:** You'll get wet on this white water, but it's thrilling and safe ($28; ages 13–18, $21; 6–12, $12). Trips leave Vieux Port every two hours.
- **Vieux Port:** The Old Port boasts a variety of family activities. MTV pales in comparison to the laser shows, holographic pictures, electronic music, and other high-tech marvels at Images du Futur.
- **Botanical Gardens:** Kids won't get bored here. They can ride a train through the park, one of the largest of its kind in the world. and see fabulously colored carp in the Japanese Garden. They'll be fascinated by the new insectarium and the legions of butterflies at the Children's Garden.
- **Olympic Park Tower:** Near the Botanical Gardens, a cable car hoists you to the top of the Olympic Park Tower, which rises at an improbable tilt over the Olympic Stadium.
- **Montreal Aquarium:** View 250 species of fish and reptiles, plus penguins and many other marine birds from Antarctica.
- **La Ronde:** Thrill to the rides in this amusement complex on the Expo '67 site, see one of the greatest shows on earth at the big-top circus, watch water-ski and puppet shows, tour the children's "enchanted village," and cool off at a large water-slide park.

WHERE TO STAY AND WHAT TO EAT

- **Hotels** are generally high-priced, but you can find good deals if you reserve early. The following are all convenient to subway stops: Le Royal Roussilon ($55; kids under 12 free), Journey's End (4 persons in room, $71.50), Nouvel Hotel ($68 to $80; under 18, free), and the Arcade (3 beds, $64.50; 4 beds, $73).
- **Restaurants** must post their menus outside, so you know what to expect and if they offer children's portions.
- **Dining tips:** Take your kids to any of the numerous outlets of the Georgio (pizza/spaghetti) and Saint-Hubert (barbecue) chains. To experience Montreal's great French cuisine, hit the fancier restaurants at noon for their luncheon specials.

INFORMATION

Greater Montreal Tourism Bureau, Suite 1410, 1010 St. Catherine St. West, Dept. BHG, Montreal, Quebec H3B 1G2, Canada; 514/871-1595.

Quebec: Tourism Quebec, Box 20,000, Dept. BHG, Quebec City, Quebec G1K 7X2, Canada; east of the Mississippi, 800/443-7000; west of the Mississippi, 800/363-7777.

continued on page 154



Discover Vancouver, the rugged Sunshine Coast, and one of Canada's finest national parks in

BRITISH COLUMBIA

continued from page 153

THE SUNSHINE COAST
Fjords, ferries, and fish

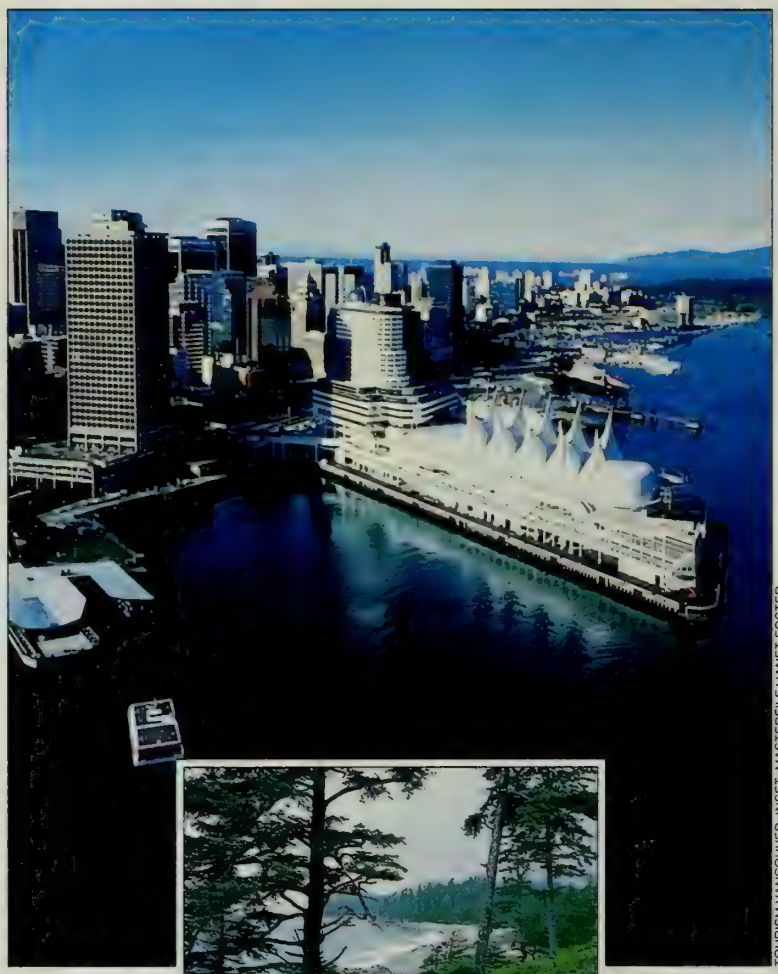
A maze of islands and inlets marks the mountainous shores northwest of Vancouver—a coast so rugged that only one highway was ever built to run its length. Sections of road are linked by ferries, so that touring this lovely region is as much a sea voyage as it is a drive.

Our circle trip of fewer than 200 miles (even with detours) involves four scenic ferry rides of up to 1¼ hours. It takes you almost to the end of the last stretch of the coast highway, then crosses the famous Inland Passage, the route taken by Alaskan ships, to Vancouver Island. There it turns south for its return leg and yet another ferry ride back to Vancouver.

Set aside enough time so you can enjoy some of these special adventures in addition to the sightseeing.

On the mainland:

- **Dig for clams at Davis Bay beach.**
- **Cruise the Princess Louisa Inlet.** It abounds with seals, eagles, porpoises, glaciers, and spectacular waterfalls. You might even spot a whale. This eight-hour cruise, including lunch, costs $58.50; kids under 12, $29.25. Contact: ***Sunshine Coast Tours & Charters, Box 353, Dept. BHG, Gibsons, BC VON 1V0, Canada; 604/886-8341.***
- **Fish for salmon, cod, and snapper.** Skiffs rent for $43 a day. To find marinas, check at any of the well-marked Travel InfoCentres en route; there's one in every village.
- **Watch unique tidal rapids at Egmont,** where the ocean churns through a narrow inlet like a fierce white-water stream. Allow one hour for the hike.



TOURISM VANCOUVER; INSET: MASTERFILE/JANET FOSTER

▶ Pacific Rim National Park harbors good camps and canoeing.

▲ Kids like to watch cruise ships dock at Vancouver's Canada Place.

On Vancouver Island, you can:

- **Take kids to the Discovery Pier at Campbell River.** Big catches, even salmon, are common there.
- **Stretch out on the sands of Qualicum Beach.** You can wade out for hundreds of feet. Kids especially enjoy romping in the gentle surf.
- **Board the *Lady Rose* for a daylong trip through fjords to Bamfield,** a colorful old outpost.

Accommodations along the route start at about $60. Total ferry cost, based on a round-trip from Vancouver, is $56.25 for the average car and driver; add $12.25 per person over 12; ages 5 to 11, $6.50. For details: ***Tourism Association of Southwestern British Columbia, 304–828 W. 8th Ave., Dept. BHG, Vancouver, BC V5Z 1E2, Canada; 604/876-3088; and Tourism Association of Vancouver Island, 45 Bastion Square, Suite 302, Dept. BHG, Victoria, BC V8W 1J1, Canada; 604/382-3551.***

PACIFIC RIM NATIONAL PARK
Ocean camping, tame and wild

One of Canada's grandest national parks—albeit almost unknown this side of the border—stretches along the ocean ramparts of Vancouver Island. Driftwood that has been bleached by tides decorates nearly 50 miles of beaches. Sea anemones sway in tidal pools. Sea lions sprawl on offshore rocks. Mile-high peaks rise from rain forests behind this marvelous preserve. Beyond the breakers, whales sound and blow from mid-March to mid-May.

continued on page 156

In 1906, Nancy Parmet told her husband she had to go to the hen house to check for eggs.

She managed to smoke an entire cigarette before Mr. Parmet realized she didn't have a hen house.



The menthol with a fresh, cool style.
Isn't that what women are all about?

VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY.

15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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continued from page 154

There's a pair of good campgrounds at the park's Long Beach section, near the village of Ucluelet. One is vehicle accessible; the other requires a three-quarter-mile walk. The interpretive program includes nature talks and riptide demonstrations. Drive-in sites with toilets cost $10.50 a night, while primitive ones are only $4.50.



KEN STRAITON/IMAGE FINDERS, VANCOUVER

For a heart-stopping adventure, stroll across Capilano Suspension Bridge as it sways hundreds of feet above a roaring river.

Experienced wilderness adventurers can undertake another kind of outing in Pacific Rim National Park. (Caution: Children and novices should not attempt this because erratic winds can cause difficulties, and you must sometimes venture into the open ocean.)

An archipelago of nearly a hundred islets, some nothing more than wave-washed rocks in whose cracks a few trees managed to grab hold, speckle Barkley Sound between Ucluelet and Port Alberni. Some are only a few hundred feet apart, so canoers and kayakers can paddle from one shore to the next. Camping is permitted on eight of the islands. The round trip from Ucluelet to the Broken Group Islands costs $12, $26 from the more distant town of Alberni. Canoe rentals run $21.50 a day, and $107.50 a week. For specifics, contact outfitter ***Alberni Marine Transport Ltd., 604/723-8313,*** or the park's Information Centre.

You can obtain additional Pacific Rim National Park information from the park's ***Visitor Centre, Box 280, Dept. BHG, Ucluelet, BC V0R 3A0, Canada; 604/726-4212.***

VANCOUVER WITH THE KIDS

TOP FAMILY ATTRACTIONS

- **Science World:** Experience the newest and most dazzling of discovery museums. Kids and adults alike enjoy hands-on exhibits, optical illusions, and laser and electricity shows.
- **Stanley Park:** Watch whales and dolphins perform at the aquarium. After you let the kids nuzzle the animals at a petting zoo, saddle your youngsters up for a pony ride. Then tour the park in a miniature train and swim at the beaches.
- **Royal Hudson Steam Train:** If Stanley Park whetted your desire to ride the rails, climb aboard the Royal Hudson. From morning to midafternoon, you'll chug your way through the coastal mountains on Howe Sound. The 80-mile round trip costs $21; kids under 12, $12. Or return by ship, $36.25; kids, $21.50.
- **Grouse Mountain:** A cable car zips you to the summit in 10 minutes for a panoramic view. During the last leg, you can ride a chair lift. Dine at the restaurant and hike the trails. At the mountain's base, children delight in pony rides and a playground.
- **Capilano Suspension Bridge:** For a swinging time, stop en route to Grouse to walk across Capilano, which sways 230 feet above a river gorge.
- **Capilano Fish Hatchery:** Off the same road, watch the exciting drama of salmon fighting their way up a fish ladder to spawn (mid-July into fall). The hatchery's freshwater aquarium is interesting at any time of the year.
- **Cruise Ship Terminal at Canada Place:** The hustle and bustle surrounding ocean liners, which sail almost daily, fascinates all ages. Canada Place provides other attractions for families as well. Stretch weary muscles along the promenade projecting out into the harbor. View shows at the IMAX big-screen theater. A gallery of reasonable eateries serves foods kids like.
- **Splashdown Park:** This is the place to go when the gang wants action that's wet and mild. Seven acres of water slides and tube rides provide lots of options for a splashing good time. When the family gets hungry, spread out a blanket for a picnic.

WHERE TO STAY AND WHAT TO EAT

- **Lodgings:** With public transportation radiating in all directions, it's best to stay downtown. For conveniently located, moderately priced hostelries with free parking, check the Burrard Motor Inn ($46.50–$57; kids under 12, free; over 12, $6), the Vancouver Centre Travelodge ($76.50 for a room with two double beds, kids free), and the Vancouver Sandman Hotel ($84 for a family of four).
- **Bargain accommodations:** The centrally located YWCA Hotel offers large rooms for up to five ($48). You share a bathroom, but there are community kitchens, a laundry, and a reasonably priced cafeteria.
- **Eating:** Fast food may be found at most attractions. Good family restaurant chains are Bino's, White Spot, and Keg.

INFORMATION

Contact: ***Vancouver Travel InfoCentre, P.O. Box 49296, 1055 Dunsmuir St., Dept. BHG, Vancouver, BC V7X 1L3, Canada; 800/663-8555 (US only), 604/683-2000.***

(Advertisement)

Itchy, flaky scalp?

What works and how do you choose.

When you have an itchy, flaky scalp, you want *relief,* but how much can you expect from a treatment shampoo? A lot, say dermatologists, when you use the right formula for your particular condition. And when your problem goes deeper than an occasional "snowfall," many say you can't get better relief than from two therapeutic shampoos made by Neutrogena®: T/Gel® and T/Sal.® Here's how a dermatologist might explain the important differences:

When you have	Occasional dandruff	Persistent itchy, flaky scalp	Itching, flaking, and crusty build-up
Possible Causes	Occasional increase in cell turnover. Changes in the weather. Not shampooing often enough or rinsing well enough.	On-going rapid cell turnover. "Styling cap" from coatings of gels, sprays, etc. Using a shampoo that's ineffective for your condition. Psoriasis or seborrheic dermatitis.	Stubborn cell build-up. Resistant psoriasis or seborrheic dermatitis.
What works	A dandruff shampoo containing pyrithione zinc or selenium sulfide. Use as directed whenever the need arises.	Neutrogena® T/Gel® Therapeutic Shampoo. It's gentle enough to use every time you shampoo, so you'll have full-time control.	Neutrogena® T/Sal® Therapeutic Shampoo: use until the crusty build-up subsides. (Then use T/Gel to control itching and flaking between flare-ups.)
What you can expect	Choice of scents, lathers, consistencies. Widely available. Hair looks healthy and shiny.	Guaranteed relief of itching and flaking. Pleasant to use. Good fragrance, rich lather. Hair looks healthy and shiny.	Guaranteed removal of thick, crusty build-up. Pleasant fragrance and rich lather. Hair looks healthy and shiny.
Conditioning (if needed)	Use an oil-free conditioner to minimize build-up.	Use Neutrogena® T/Gel® Conditioner to extend the therapeutic action of T/Gel Shampoo.	Use Neutrogena T/Gel Conditioner to extend the therapeutic action of both T/Sal and T/Gel Shampoo.
Bottom Line Benefit	Temporary relief when you need it.	Control of persistent itching and flaking.	Pleasant therapy for severe scalp build-up.

You'll find the entire line of Neutrogena therapeutic hair care at your drug store. If not, ask your pharmacist.

Thank you for reading our advertisement.

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens® can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

A CLEAN, SUN-LIGHTED PLACE

Pages 50–51: Windows—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708. **Interior paint**—Frazee Industries, 6625 Miramar Road, San Diego, CA 92121. **Sofa and large plant basket**—Kreiss Collection, 8445 Santa Monica Boulevard, Los Angeles, CA 90069. **Fabric on sofa, wicker chairs and ottoman**—B. Berger Company, 1608 East 24th Street, Cleveland, OH 44114. **Wicker furniture and magazine rack**—Palecek, Incorporated, P.O. Box 225, Richmond, CA 94808-0225. **Recessed lights**—Halo Lighting, Division of Cooper Industries, 400 Busse Road, Elk Grove Village, IL 60007. **Fireplace tools**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014.

Pages 52–53: Paint—Frazee Industries, 6625 Miramar Road, San Diego, CA 92121. **Glassware and accessories**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014. **Wicker chairs**—Palecek, Incorporated, P.O. Box 225, Richmond, CA 94808-0225. **Ceramic tile**—Southwestern Ceramic and Supply Company, 5525 Gaines, San Diego, CA 92110. **French door and windows**—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708. **Fabric on sofa, wicker chair and ottoman**—B. Berger Company, 1608 E. 24th Street, Cleveland, OH 44114. **Sofa**—Kreiss Collection, 8445 Santa Monica Boulevard, Los Angeles, CA 90069. **Window shades**—Hunter Douglas, Incorporated, Two Parkway and Route 17 South, Upper Saddle River, NJ 07458. **Recessed lights**—Halo Lighting, Division of Cooper Industries, 400 Busse Road, Elk Grove Village, IL 60007.

Pages 54–55: Windows and French door—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708. **Wicker chairs**—Palecek, Incorporated, P.O. Box 225, Richmond, CA 94808-0225. **Bar stools**—The Pottery Barn, Mail Order Deptartment, P.O. Box 7044, San Francisco, CA 94120-7044. **Paint**—Frazee Industries, 6625 Miramar Road, San Diego, CA 92121. **Stove**—Garland Commercial Range Company, 185 East South Street, Freeland, PA 18224. **Microwave**—General Electric, Appliance Park, Louisville, KY 40225. **Refrigerator**—Sub-Zero Freezer Company, Incorporated, P.O. Box 4130, Madison, WI 53711. **Recessed lights**—Halo Lighting, Division of Cooper Industries, 400 Busse Road, Elk Grove Village, IL 60007. **Vegetable sink**—Commercial Enameling, 6204 S. Alameda Street, Huntington Park, CA 90255. **Large sink**—Kohler Comapny, Kohler, WI 53044. **Faucet**—Grohe America, Inc., 900 Lively Boulevard, Wood Dale, IL 60191. **White ceramic tile**—Southwestern Ceramic and Supply Company, 5525 Gaines, San Diego, CA 92110. **Pot rack**—Williams-Sonoma, 100 North Point, San Francisco, CA 94133.

Page 56–57: Sinks and faucets—Kohler Company, Kohler, WI 53044. **Towel rack**—H.U.D.D.L.E., 3603 Camino Del Rio West, San Diego, CA 92110. **Ceramic tile in shower**—Southwestern Ceramic and Supply Company, 5525 Gaines, San Diego, CA 92110. **Window**—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708. **Wicker chair and ottoman**—Palecek, Incorporated, P.O. Box 225, Richmond, CA 94808-0225. **All white linens**—paper white ltd., P.O. Box 956, 769 Center Boulevard, Fairfax, CA 94930. **Carpet, afghan, table top accessories, lamp, pillows, bedding and accessories.**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014.**Window**—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708. (address above). **Paint**—Frazee Industries, 6625 Miramar Road, San Diego, CA 92121. **Window shades**—Hunter Douglas, Incorporated, Two Parkway and Route 17 South, Upper Saddle River, NJ 07458. **Furniture, bedding and accessories**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014. **Window**—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708.

A PLACE FOR EVERYTHING

Page 63 (*top*): Range—Jenn-Air Corp., Div., of Maytag Corp., 3035 Shadeland Avenue, Indianapolis, IN 46226. **Refrigerator**—General Electric, Appliance Park, Louisville, KY 40225. **Trash compactor and dishwasher**—KitchenAid, Inc., 701 Main Street, St. Joseph, MI 49085-1392. **Wallpaper**—Laura Ashley, Incorporated, 714 Madison Avenue, New York, NY 10021. **Ceramic tiles**—Latco Products, 3371 Glendale Blvd., Los Angeles, CA 90039. **Cabinets**—Neil Kelly Co., 814 N. Alberta Street, Portland, OR 97217. **Cabinet pulls**—Jado Bathroom and Hardware Manufacturing, 4690 Calle Quetzal, Camarillo, CA 93010. **Faucet**—Moen, Div., of Stanadyne, 377 Woodland Avenue, Elyria, OH 44035. (***Bottom***): **Cabinets**—Neil Kelly Company, 814 N. Alberta Street, Portland, OR 97217. **Cabinet pulls**—Jado Bathroom and Hardware Manufacturing, 4690 Calle Quetzal, Camarillo, CA 93010. **Ceramic tiles**—Latco Products, 3371 Glendale Blvd., Los Angeles, CA 90039.

Page 64: Wallpaper—Laura Ashley,

incorporated, 714 Madison Avenue, New York, NY 10021. **Cabinets**—Neil Kelly Company, 814 N. Alberta Street, Portland, OR 97217. **Cabinet pulls**—Jado Bathroom and Hardware Manufacturing, 4690 Calle Quetzal, Camarillo, CA 93010. **Ceramic tiles**—Latco Products, 3371 Glendale Boulevard, Los Angeles, CA 90039.

Page 65 (*top left*): Wallpaper—Laura Ashley, Incorporated, 714 Madison Avenue, New York, NY 10021. **Microwave**—Quasar Company, Division of Matsushita Electric Corporation of America, 1325 Pratt Boulevard, Elk Grove Village, IL 60007. **Wall oven**—Thermador/Waste King, 5119 District Boulevard, Los Angeles, CA 90040.

(*Top right*): Refrigerator—General Electric, Appliance Park, Louisville, KY 40225. **Cabinets**—Neil Kelly Company, 814 N. Alberta Street, Portland, OR 97217. **Cabinet pulls**—Jado Bathroom and Hardware Manufacturing, 4690 Calle Quetzal, Camarillo, CA 93010.

DECORATING QUESTIONS & ANSWERS

Page 71: Cane side chairs—The McGuire Co., 1201 Bryant St., San Francisco, CA 94103. **Linen stripe fabric**—Henry Calvin, 290 Division Street, San Francisco, CA 94103. **Love seat, sofa**—Betche Upholstery Company, 716 S. Troost, Tulsa, OK 74102. **Sofa and love seat fabric,** "Lakewood"—Glant Textile Corporation, P.O. Box 84228, Seattle, WA 98124.

Page 72: Table—Gold Medal, 1712 Packard Avenue, Racine, WI 53403. **Grid chairs**—Emu, P.O. Box 13054, Reading, PA 19612. **Poster**—Poster Originals, 330 Hudson Street, New York, NY 10013. **Cushion Fabric,** "Yabat"—Covington Fabrics with Scotchgard Fabric Protector, 267 5th Avenue, New York, NY 10016.

Page 73: Poster—Poster Originals, 330 Hudson Street, New York, NY 10013. **Cushion fabric**—Covington Fabrics with Scotchgard Fabric Protector, 267 5th Avenue, New York, NY 10016.

Page 74: Window treatments—Levolor Lorentzen Incorporated, 1 Upper Pond Road, Parsippany, NJ 07054.

Page 76: Bust—Ballard Designs, Incorporated, 2148-J Hills Avenue, Atlanta, GA 30318. **Marble pedestal**—Perrin Interior Design, 958 Leo Way, Oakland, CA 94611.

Page 77: Wicker chairs—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800-447-4371. **Pedestal table**—Shaker Workshops P.O. Box 1028, Concord, MA 01742. **Baskets**—Palecek, P.O. Box 225, Station A, Richmond, CA 94808.

A GARDEN ALPHABET

Pages 81–86: Embroidered sheets and lace pillow shams—paper white, ltd., P.O. Box 956, 769 Center Blvd., Fairfax, CA 94930.

LOW FAT AND LOVING IT

Pages 110–111 (*left*): Plate, "Wave"—Vietri Inc., P.O. Box 460, Hillsborough, NC 27278. **(*Right*): Plate,** "Charolles"—Barneys, 7th Avenue & 7th Street, New York, NY 10011.

Page 112: Plate—Museum of Modern Art, 11 West 53rd Street, New York, NY 10019.

Page 114: Bowl, "Brazil"—Wiliams-Sonoma, 100 North Point Street, San Francisco, CA 94133.

Page 118: Plate, "Laure Japy"—Barneys, 7th Avenue & 7th Street, New York, NY 10011.

Page 121: Plate—Wolfman Gold & Good Co., 116 Green St., New York, NY 10012.

Page 122: Plate, "Statement"—Dansk Int., Designs Ltd., Mount Kisco, NY 10549.

Page 126 (*top*): Plate, "Signature"—Crate & Barrel, P.O. Box 3057, 725 Landwehr Road, Northbrook, IL 60065-3057. **Fork,** "LePrix"—Ginkgo International, Limited, 5101 Chase Street, Downers Grove, IL 60515. **Black and white cloth**—J.C. Penney Company, Incorporated, 543 LBJ Freeway, LC3-7th Floor, Dallas, TX 75240-2650. **White cloth,** "Brussels Pique"—Sybaritic Industries Limited, 115 Tompkins Avenue, Pleasantville, NY 10570.

(*Bottom*): Bowl, "Ditto"—Dansk Int., Designs Ltd., Mount Kisco, NY 10549. **Plate**–Wolfman Gold & Good Company, 116 Greene Street, New York, NY 10012.

THE COOK'S GARDEN

Page 101: Oak garden basket—White Flower Farm, Litchfield, CT 06759-0050.

Page 105: French wire basket—Gardener's Eden, P.O. Box 7307, San Francisco, CA 94120-7307.

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Page 135 (*right*): Plate, "Ultra Stone Beige"—Mikasa, 41 Madison Avenue, New York, NY 10010.

Page 136 (*left*): Fork, "Silver Scroll"—Oneida Limited, Oneida, NY 13421. **Plate,** "Calcutta"—Sasaki, 41 Madison Avenue, New York, NY 10010. ***(Right)*: Plate,** "Normandie"—Loneoak & Company, 3351 E. Imperial Highway, Lynwood, CA 90262.

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Pages 50–57: Architect—Jack Smyer Architect, AIA, 12760 High Bluff Drive, Suite 360, San Diego, CA 92130. **General contractor**—Chris Gluck, P.O. Box 3070, San Diego, CA 92103.

A PLACE FOR EVERYTHING

Pages 63–65: Designer—Martha Kerr, C.K.D., Neil Kelly Company, 814 N. Alberta Street, Portland, OR 97217. **Contractor**—Neil Kelly Company, 814 N. Alberta Street, Portland, OR 97217.

DECORATING QUESTIONS & ANSWERS

Pages 71–77: Designer—Jan Thornton, Campbell Design Associates, 1927 South Boston, Tulsa, OK 74104. **Designer**—Gail Perrin, Perrin Interior Design, 958 Leo Way, Oakland, CA 94611.

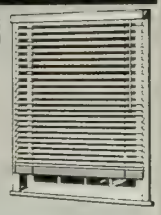


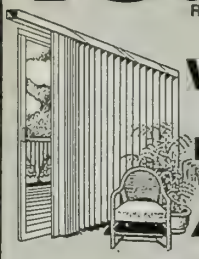
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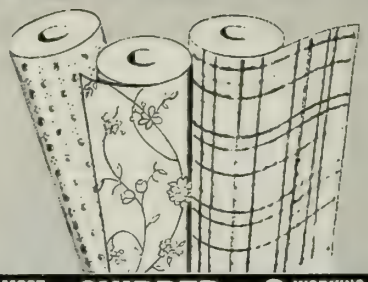
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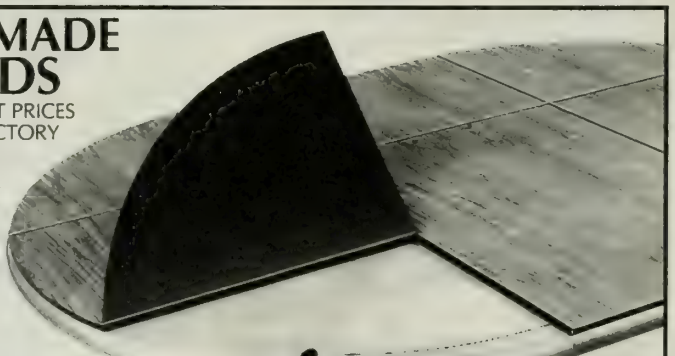
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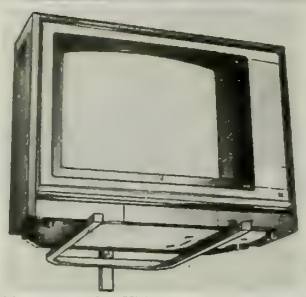
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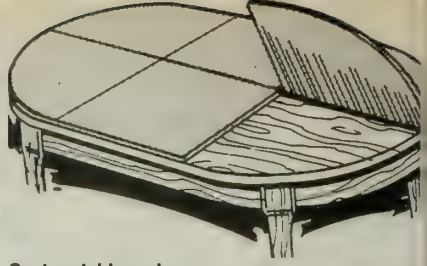
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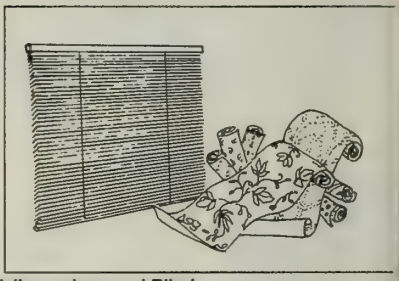
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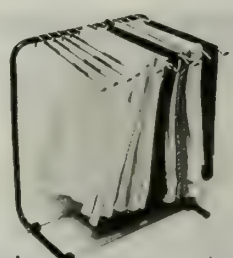
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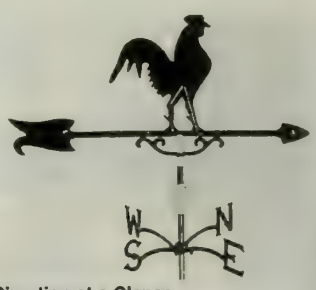
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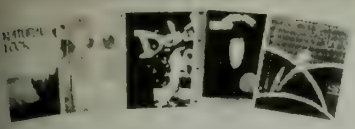
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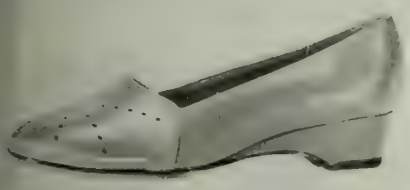
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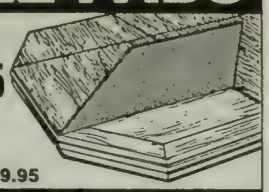
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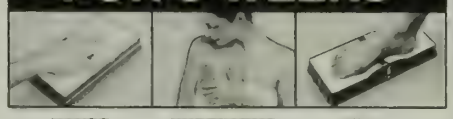


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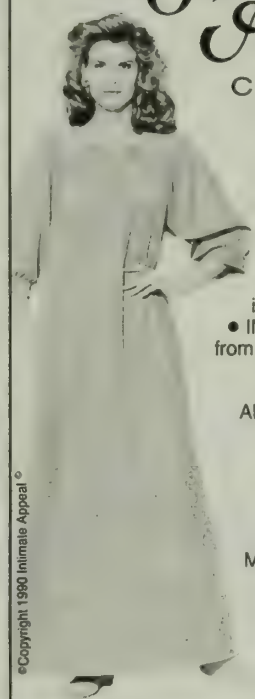


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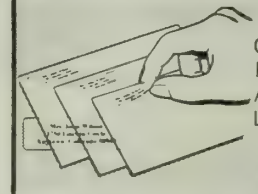
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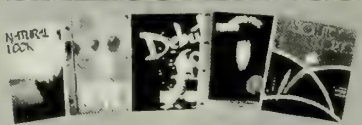
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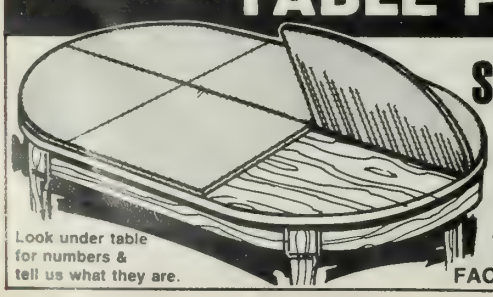
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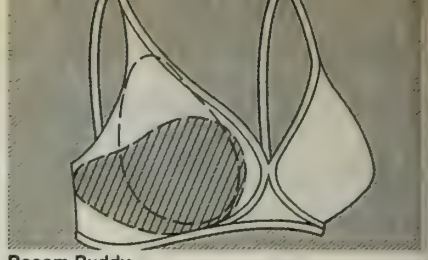
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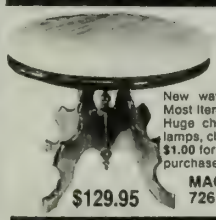
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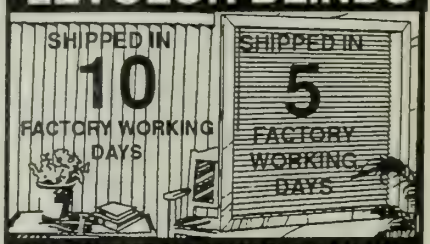
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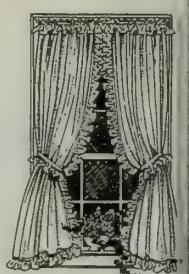


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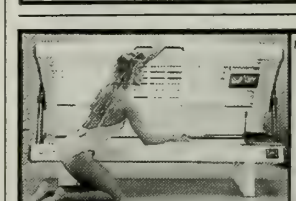
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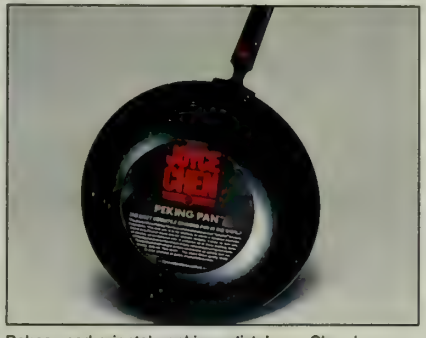
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THE MAN NEXT DOOR®

■ Burt, Jr., reports that the food at his school cafeteria has seemed much more appetizing since the principal unplugged the vending machines during lunch periods.

■ Representative Nick Hanfli writes from Washington that congressional funding debates disprove the saying that talk is cheap.

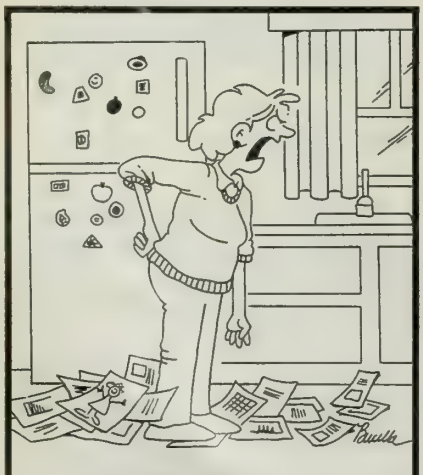
■ Grandpa Hillis, noting the size of the average car's backseat these days, wonders how drive-in movies survive.

■ Judy is into everything the typical 11-year-old likes. Namely, anything that makes Chris and me wince.

■ For some reason, our old pooch always seems more like a member of the family to me after we've received a vet's bill.

■ Aunt Opal writes that her tiny burg has had a shopping mall for decades. "Within one building," she writes, "you'll find Ron's Groceries, Ron's Feeds, Ron's Clothing Emporium, and Ronald T. Givens, postmaster."

■ "The meek shall inherit the earth," quipped the Rev. George Hall last Sunday, "but you can bet there will be a few lawyers contesting the will."



"All right, who slammed the refrigerator door?"



"I'll tell you something, Osgood, if you'll promise not to panic."

■ "I've got a great idea for making employees more service oriented," says Bill Minchin. "Let the customers hand out the raises."

■ Recent immigrant Anna Weng says that the problem with most American food is that an hour after you finish eating, you still feel full.

■ "Why is it," asks an exasperated Liz Randall, "that the tiniest type on any toy's box invariably says 'batteries not included'? "

■ Doc Hannelly says he doesn't need the newspaper to know what rare disease is being spotlighted in the latest TV movie. "All I have to do is wait for the frantic phone calls the next day," he explains.

■ After poring over the book-length menu at our trendiest new restaurant, grumpy Ned Carter says that next time he eats there he's just going to ask for the index.

■ Elaine Cowen has always dreaded trips to the dentist, but lately she reports even greater apprehension when it's time to see her auto mechanic.

Our house has evolved over the years. We just finished building a home office for Chris's real estate activities. Last summer, we set up an exercise area in response to Judy's newfound passion for aerobics. And I'm itching to build display shelves for my burgeoning Indian artifacts collection.

Such improvements certainly weren't planned when we bought the house 20 years ago. At that time, Chris and I were convinced that the house was everything we would ever want.

But the Hillises have changed over the years, and we've debated whether to stay or leave. So far, we've always opted to remodel.

After all, the old place is a member of our family. Standing on its porch, we've watched each of our kids board the school bus for the first time. And I couldn't begin to count the holiday dinners our home has hosted.

Someday we'll probably move. I just can't imagine when right now.

Burton Hillis

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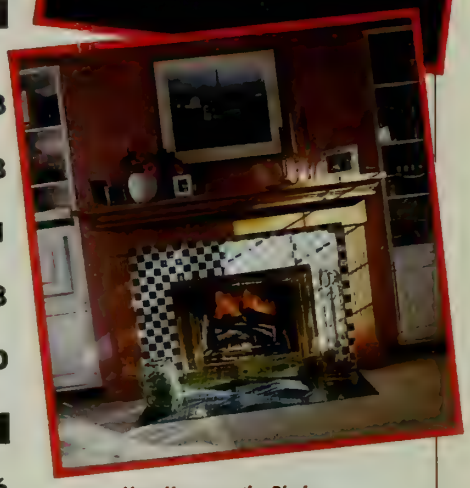


APRIL 1990; Vol. 68 No. 4

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®





New House on the Block, page 78



Beauty and the Budget, page 63

ON THE COVER

Affordable Decorating
Beautiful rooms on a budget 63
New House on the Block
Yesterday's look, today's perks 78
Fresh Veggies
10 delicious microwave recipes 121
Gardener's Almanac
Edible landscaping 18
Down the Garden Path
Your paving options 20

BETWEEN FRIENDS

Family Network® *Our readers write* 6
Editor's Letter 10
The Man Next Door® *Writes about family, friends, and neighbors* 166

FOR YOUR HOME

Home Style *Flower power* 15
High Tech in the '90s *Today's new frontiers, tomorrow's household helpers* 55
Home Improvement Contest 58
Beauty and the Budget 63
The New Prebuilt Home 73
New House on the Block
Building in a vintage neighborhood 78
Expanding a Cramped Kitchen
Inside maneuvers with existing space 86
Tips, Tools, and Techniques 89
Mastering an Attic Bath 94

continued on page 4



Spring Vegetables, page 121

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CONVENTIONAL: (Pictured above.) Prepare as above. Bake at 350°F. for 25 min.; stir. Top with remaining onions. Bake 5 min.

M'm! M'm! Good!®

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CONTENTS

continued from page 2

Furniture Nurture *Caring for fine woods* **96**
Hide-and-Seek TV Cabinet *Sleight-of-hand solution* **99**
Fan Fashions *New styles for an old classic* **104**

GREEN AND GROWING

Gardener's Almanac *How to grow blueberries for landscaping* **18**
Down the Garden Path *Building garden steps and walkways* **20**

FAMILY MATTERS

12 Health Checks That Can Save Your Life **32**
Help When You Need It Most
Helping yourself is sometimes the best therapy of all **37**
Fitness Matters **40**
Smart Shopping for Healthful Eating
A supermarket tour of best choices **43**
Health Update **46**
The Benefits of Summer Camp *Developing child's independence* **50**
Finding Quality Infant Day Care **53**
Your Own Business *Working at home and making it work* **107**
Animal House *Decorating ideas for pets* **140**

OUR ENVIRONMENT

Routing Radon
You won't know if you have a problem unless you test **98**

GOOD FOOD

How to Use Nutrition Information **112**
Win Money for Your Recipes **115**
Prize Tested Recipes® *Blue-Ribbon Cakes, Poultry Entrées* **117**
Spring Vegetables *Microwave easy* **121**

ON THE ROAD

How to Make Your Gas Go Farther **144**
Our Historic South *Five family vacation adventures* **147**

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* **138**
Directory of Architects and Designers **139**
Shopping Editor's Choice **159**
How to Order *Special offers, project plans, and kits* **165**

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READERS' COMMENTS AND SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

HELP FOR TV OVERDOSE

Readers had plenty of advice for cutting down on TV after Sallie Walbourne said her husband and children couldn't stop watching. She asked for help in October's "Family Network." Here are a few of your suggestions:

Our solution was to fix our TV so our son could tune in only to our PBS station, Channel 2 in Boston. What seemed like such a drastic measure three years ago turned out to be a blessing. We had no idea how stimulating good TV could be.

Liz Whitcher
North Falmouth, Mass.

Have your husband record his favorite TV shows on the VCR. The set doesn't have to be on while it's recording. You can spend time as a family in the afternoon. Then he can watch the shows after the children go to bed.

Rochelle Belove
Newport Beach, Calif.

We set up one room as a playroom for our children. It has toys, books, and a desk in it. The only TV is the monitor attached to our computer. My husband and I rarely watch television anymore, and we don't miss it.

Madeline Molis
Rancho Palos Verdes, Calif.

How wonderful to have a working husband return home at one in the afternoon! Don't turn on the TV. Instead, all of you jump on your bikes and go for a ride, or take a walk to a park with a picnic lunch. You will come to enjoy this precious family time together.

Cyndy Largarticha
Ontario, Calif.

During the time your husband watches television, take your children and plan a fun outing. Who knows, your husband may get tired of being by himself, and may even join you.

Carol Bezak
Sussex, N.J.



I, too, was married to a TV addict. My husband would park in front of the set and stay there until bedtime. Here is what worked for me: I knew my husband's other interests (sharks, hunting, landscaping, and so on), and brought home books on those subjects from the library, stacking them next to his recliner. I almost fainted when I came home to find him reading. Now he reads all the time, and the kids have followed his lead.

Cynthia Brossman
Paradise, Calif.

DERIVING DRIVEWAY PLEASURE

The long driveway we share with our neighbor passes a large vacant lot belonging to an absentee owner. Rhododendrons, blackberry vines, and several trees grow wild, but the edge bordering the driveway was a weed-clogged eyesore until we and the neighbor teamed up to clean out the dandelions, then planted flowers. A soaker hose makes watering easy, and whoever spots a weed yanks it out immediately. Walking to the mailbox or driving in from work is now a pleasant experience.

Jane Edwards
Bremerton, Wash.

LOW-COST LUNCHES

I live too far from my workplace to come home for lunch, and eating out was becoming much too expensive. I tried taking my lunch, but got tired of eating alone. Finally, I made a proposal to my five coworkers: If each paid me $5 a week, I'd maintain a food supply in the office lunchroom, and prepare lunches daily. Our lunch breaks now seem longer and more relaxed, and we all are saving money.

Don Peyton
Richland, Wash.

WHY THEY RECYCLE

Recently, my husband and I began taking our glass jars and aluminum cans to a recycling center. We also began using fewer sandwich bags, plastic garbage bags, cellophane wrap, and disposable diapers. Someone asked what difference our family thought we could make. At this point, we have cut our curbside trash by more than half; in a year's time, we will have contributed 104 fewer trash cans of waste to our local landfill. We have made a difference. Your family can, too.

Cindy H. Patterson
Stillwater, Okla.

continued on page 8

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.



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continued from page 7

MEMORIES OF A LOVED ONE

When my father died unexpectedly, the loss I felt was almost unbearable. To help deal with the pain, I went through all of my slides, and had prints made of ones that included my father. Then I made an album. It has helped me—and my children—to keep alive memories of a very special person.

Jane Rosinski
Gilmanton Iron Works, N.H.

MARKING TIME ON THE ROAD

While on vacation, we bought a new road atlas. Instead of throwing out the old one, we gave it to the kids. We bought highlighters and marked our route as we went along. The kids watched the signs along the way, and we didn't hear, "Are we there yet?" or "Where are we?" even once.

Nancy Jordan
Bargersville, Ind.

HIGH-RISE TREE HOUSE CORRECTION



Instructions for building a high-rise tree house (shown at right) were given in the June 1988 issue of *Better Homes and Gardens®* magazine.

We have recently reviewed these instructions and determined that several alterations in the framing system are necessary to ensure that the tree house is structurally sound. If built according to the original specifications, there is a possibility of structural failure.

If you have not built the tree house, and would like to, or if you have already built the tree house, please send your request to the following address for a free set of revised building plans and retrofit instructions:

Better Homes and Gardens® Reader Service
High-Rise Tree House Plans
1716 Locust Street
Des Moines, Iowa 50336
Attn: Denise Scott

If you have already built this project, please discontinue using the structure until you have made the modifications described in the revised tree house retrofit plans. It may not be safe until you make these reinforcements.

We estimate that approximately $60 in materials will be needed to implement the proposed modifications shown on the revised tree house retrofit plans. If you send us a photo of your completed tree house along with itemized receipts for the materials required for the retrofit, you will be reimbursed for the materials you used in the retrofit.

Should you have any questions regarding the original plans or the proposed modifications, you may call our Technical Service Hot Line at 1-800/752-1121.

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NEW KIDS ON THE BLOCK

DEAR READERS,

Our quiet little neighborhood, Waterbury Circle, was set abuzz three years ago this spring with the news that someone had bought the only remaining vacant lot on the circle. Practically all of the houses in our cul-de-sac were built in the '20s, so the prospect of a new house on the block was exciting. It was also a little disquieting, because the lot itself was rather narrow with several oak trees. We worried that the trees would go and the new house would be a contemporary design jammed in among our traditional bungalows.

We later were relieved to hear that the folks building the new house had designed it themselves after carefully studying the lines of the other houses on the circle to make sure their new house would fit in. We were further reassured to hear that the wife was an architectural designer.

"I WAS IMPRESSED THAT THEY COULD MOVE IN, CLEAN UP, AND HAVE ALL THE NEIGHBORS IN FOR A PARTY SO SOON."

I didn't actually meet Ann and Rick Martinez, the homeowners, until they invited the whole neighborhood to an open house just after they moved in. I was mightily impressed. As much as anything, I was impressed that they could move in, clean up, and have all the neighbors in for a party so soon. The house was breathtaking as well. Besides being beautiful, it embodied everything we at *Better Homes and Gardens®* have been recommending in new houses for today's families.

I wanted to share this house with all of you, so I put my head together with Building Editor Bill Nolan's, and the result is the article in this issue, "New House on the Block," *page 78.*

Not long ago, while walking my dog, I stopped to talk to Rick. I was astounded when he told me that he and Ann had sold their house! They wanted to build a new house in another older neighborhood. Yes, they loved this house and our neighborhood, but they had some new ideas to try . . .

Well, I guess I understand. After all, building is their business and their passion. Goodness knows, they do it beautifully. However, they've left the neighborhood a wonderful gift in this lovely house that nestles right in among the rest. It will be home to many families over the years, just as the other comfortable old houses on our block have been. The shine will get rubbed off by the Iowa weather and families with young kids. But, new families will move in from time to time to spruce it up, remodeling it to meet their needs.

This constant renewal is the story of Waterbury Circle and thousands of neighborhoods like it in cities and towns all across our country. It's the kind of ordinary, homey miracle that makes for happy family life.

David Jordan

David Jordan, Editor in Chief


There's a science to it,"
Grampa would grin as he watched Steve and me struggle to spread cold LAND O LAKES® Butter on mom's hot, steamy pancakes. "Watch me now."
And watch we did as "Pa" introduced us to "The Technique." He sliced off a sliver of our favorite butter and smoothly slid it under his top pancake. "It's called positive thermotaxis," he explained (it looked like melting to us). "Butter molecules are inextricably drawn to hot flapjacks."
We weren't always sure what he was talking about, but one thing was certain: It tasted great. And Pa's techniques really made science easy to swallow. Not to mention the pancakes.
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BUTTER
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Create a country mood! Dye-stain a plain wicker chair in Rit Sea Foam Green. Accent with Lilac. For a finishing touch, dye a cushion Rose Pink. It's easy!

Like your home cozy & casual? Go for Rit!



Let there be light! And lots of color! Dye a lampshade & tablecloth a light Rit Pink. Then paint bows on them using Rit Design-It & vibrant shades of Rit Kelly Green, Purple, Evening Blue & Mauve. Pretty!

A screen to be seen! First, dye fabric a light Rit Yellow. Stretch onto a wooden frame. Then stencil flowers on it using Rit Design-It & Rit Royal Blue, Kelly Green & Cocoa Brown. Accent with a wicker vase dyed Sea Foam Green. Voilà!





Stencil or paint permanent designs on any fabric. Just mix Rit® Design-It™ Dye Binder with any Rit® Liquid Dye color. For more Design-It & Rit Dye home ideas, write to: Rit Dye, Dept. 23490, P.O. Box 2932, Young America, MN 55399-2932.

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Grilled tuna steaks, chicken fajitas and angel hair pasta were once the exclusive domain of expensive restaurants.

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Still have questions? The GE Answer Center® service can answer them at 800-626-2000. As well as give you the name of your local GE dealer.

The GE electronic downdraft cooktop. Now you can enjoy restaurant cooking. Without any reservations.

We bring good things to life.



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HOME S·T·Y·L·E

Best Bets for Better Homes





POSY-COVERED PACKAGES

Get all wrapped up in these flowery gift wraps that are bound book-style. Suggested retail: $9.95. *French Flowers, Harry N. Abrams, Inc., 100 Fifth Ave., New York, NY 10011.*

FLOWER POWER

Hey, man, it's shades of the '60s all over again, but this time they're like, you know, more subtle. Those Day-Glo pop art daisies have grown into softer, lush, more refined florals that still pack a powerful decorating wallop. Far out.

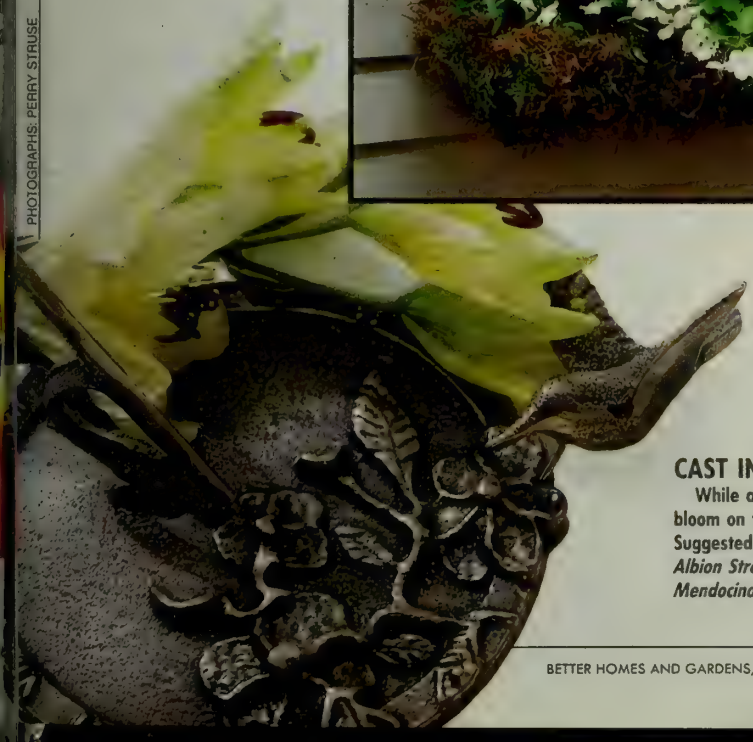
BY JIM WILLIAMS, JILANN SEVERSON, AND NANCY HALL



PHOTOGRAPH: STEPHEN CRIDLAND. REGIONAL EDITOR: CATHY HOWARD

EXTERIOR ACCENTS

Give a tired old window box a new twist with a moss-covered wire frame that holds the blooms. Suggested retail: $40. *Window Hayrack, The Kinsman Company, Inc., River Road, Point Pleasant, PA 18950; 215/297-5613.*



CAST IN TIME

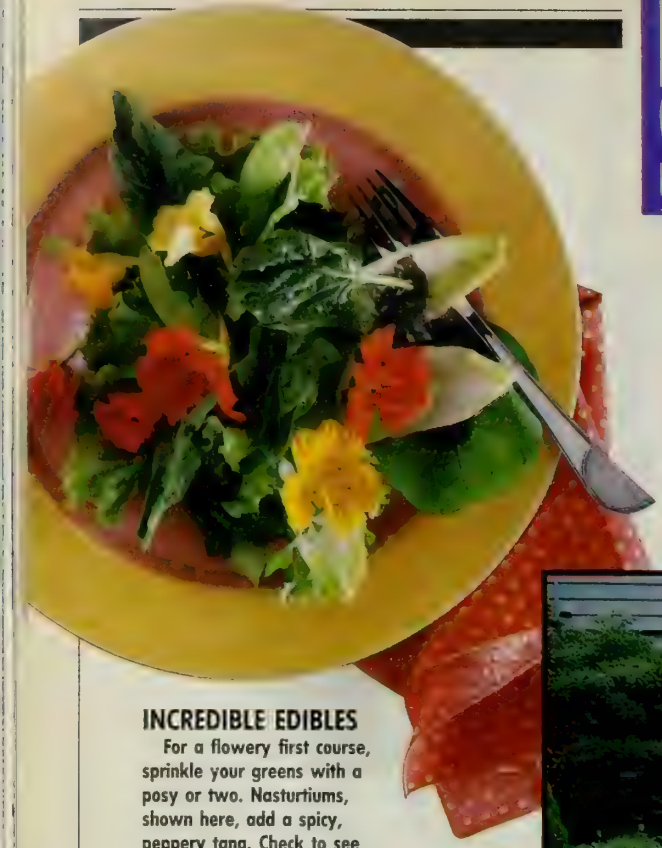
While away the hours while bronze blossoms bloom on this miniature hummingbird sundial. Suggested retail: $35. *Wind and Weather, The Albion Street Water Tower, P.O. Box 2320, Mendocino, CA 95460; 800/922-9463.*

PHOTOGRAPHS: PERRY STRUSE

continued on page 16

HOME S·T·Y·L·E

continued from page 15



INCREDIBLE EDIBLES

For a flowery first course, sprinkle your greens with a posy or two. Nasturtiums, shown here, add a spicy, peppery tang. Check to see which blooms are edible—some are not—and be sure that they are pesticide free before adorning your salad.

CRYSTAL CLEAR

Waterford's faceted Rose Bowl adds sparkle to even everyday garden gatherings. Suggested retail: $168. *Waterford Wedgwood, P.O. Box 1454, Wall, NJ 07719.*

PICTURE THIS

Blossoms take to frames, whether as a decorative border or a vase with a frame-shaped edge. Suggested retail: Vase, $15; "Poppy" frame, $20. *Vase: Gardener's Eden, P.O. Box 7307, San Francisco, CA 94120; frame available at most JCPenney stores.*





PHOTOGRAPH, ERNEST BRAUN. REGIONAL EDITOR, HELEN HEITKAMP. LANDSCAPE DESIGN, JOSEPHINE ZEITLIN

BACK TO THE '60s—THE 1860s

Victorian gardens full of old-fashioned flowers like foxglove, lilies, marguerites, and tulips are sprouting up all over as more and more people discover the pleasures and pluses of dabbling with spade and trowel.



BEE A GOURMET

Everyone's buzzing about specialty honeys from one flower source that's 90 percent pure. Flavors include Orange Blossom, Sunflower, and Sweet Clover. Suggested retail: $1.50. *Moon Shine Trading Co., P.O. Box 896, Winters, CA 95694.* AH AG



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DAIRY CALCIUM. CALCIUM THE WAY NATURE INTENDED.™

APRIL

GARDENER'S ALMANAC

BY
DOUGLAS A. JIMERSON
AND JANE AUSTIN McKEON



PHOTOGRAPH: KARLIS GRANTS. DESIGN: CHLOE HUGHES. REGIONAL EDITOR: CATHY HOWARD

Perennial flowers are the heart of the home garden. Planted out in front for everyone to see, their beauty and charm proclaim that loving hands care for them. This streetside display captures the attention of passersby with delphinium, iris, daisy, lychnis, daylily, phlox, foxglove, aster, and climbing rose.

PROPPING UP PERENNIALS

A tip from the Southwest



PHOTO: KIM BRUN. REGIONAL EDITOR: SHARON HAVEN

Karen cages plants in the spring.

To avoid the cost of commercial flower supports, Karen Kees, our California test gardener, buys inexpensive wire tomato cages and customizes them for her perennials.

"I need a lot of supports in my large flower garden," she says, "so I found an affordable alternative." Karen uses a whole three-tier cage to prop up tall perennials. For medium-size plants, she snips the wire just above the bottom ring to make two shorter supports.

Spring is the best time to put plant supports in place, advises Karen. "Caging flowers before they put on summer growth keeps them from sprawling and crowding their neighbors," she says. "Stalks quickly grow through the rings and conceal the wire framework."

Karen often groups the cages to shore up large stands of flowers. She places three cages adjoining, but not touching, each other.

Make Room For Blueberries



Pints of mouth-watering berries are the ultimate reward of growing blueberry bushes. Grown as a hedge, the 8-foot-tall shrubs will create a delectable barrier along a property line. A bush will feed a family, but several will supply the birds, too.

Blueberries grow best in regions where soil is acidic, particularly the Northeast, Southeast, and Northwest. If you live in an area where soil is alkaline, add sphagnum peat moss or aluminum sulfate to raise the acidity.

Spring is the best time to plant blueberry bushes. Because bushes must cross-pollinate to set fruit, grow at least two varieties. Buy two- or three-year-old plants, and set them at the depth they grew previously. Space plants 5 to 6 feet apart, in rows 8 feet apart. After planting, cut back tops about halfway. Mulch with peat moss or oak leaves to protect the shallow roots.

To order blueberry plants by mail, write to Miller Nurseries, West Lake Rd., Canandaigua, NY 14424.

PHOTOGRAPH: KARLIS GRANTS. REGIONAL EDITOR: CATHY HOWARD

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Stove Top® in the canister

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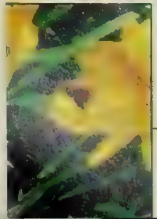
DOWN THE GAR



"I KNOW A
LITTLE GARDEN
CLOSE,
SET THICK WITH
LILY AND
RED ROSE,
WHERE I
WOULD WANDER
IF I MIGHT
FROM DEWY
MORN TO
DEWY NIGHT."

—*William Morris*





Flat stones blaze a trail through spring flowers.

DEN PATH

BY DOUGLAS A. JIMERSON



BEAUTY IN THE BARK

Who could resist an early evening stroll in this charming garden? Flanked by bouquets of blooming daylilies, the shredded bark path is a welcome change of pace after a hard day. Spread over weed mat to prohibit wild invaders, shredded bark is a quick and easy paving option for busy gardeners.

Photograph: Julie Maris/Semel
Garden design: Conni Cross
Regional editor: Bonnie Maharam

LIKE AN ELEGANT FRAME FOR A PRIZED PAINTING, A GREAT GARDEN PATH ENHANCES YOUR LANDSCAPE WITHOUT SCREAMING FOR ATTENTION.



GROW YOUR OWN STEPS

One way to blend your garden steps with their surroundings is to plant a low-growing ground cover between the risers. On this California hillside, the snow-white blooms of isotoma (*Hippobroma longiflora*) help soften the harsh lines of the peeled log and boulder staircase. Other ground-hugging choices for warm climates include dichondra and corsican mint (*Mentha requieni*). In northern climates try mother-of-thyme (*Thymus serpyllum*) or turf grasses.

Photograph: Ernest Braun
Garden design: Rich Cashmere, The Plant Man. Regional editor: Helen Heitkamp

PATH POINTERS

- Make your path wide enough to accommodate two people walking side by side. Generally, paths less than 3 feet wide are too narrow.
- Place your walk at least 2 to 3 feet away from a wall, foundation, or hedge.
- Add a slight curve or series of curves to your pathway plans. Straight paths are boring.
- Always broaden the walk at the curves and flare it slightly at both ends.
- Build steps on grades greater than 10 percent.



ANCIENT DESIGN FOR A MODERN GARDEN

Zigzagging down the hillside, this Japanese-style bridge leads to a private backyard spa. The all-redwood structure spans a dry streambed that can be flooded whenever the owner wishes. Plantings include bamboo, asparagus fern, and a variety of annual flowers.

Photograph: Kim Brun
Garden design: Jeffrey Law & Associates. Regional editor: Sharon Haven



WALK ON THE WILD SIDE

Flowing through drifts of California poppies and gaillardia, this granite path looks as natural as a streambed in July. The granite pieces, which were salvaged from a nearby construction site, are set in sand. Tiny bloomers like white sweet alyssum and thyme grow between the stones.

Photograph: Kim Brun. Garden design: Karen Kees. Regional editor: Sharon Haven



SIMPLY SPLENDID GRANITE STAIRWAY

Let Mother Nature be your guide when you design a path or stairway for a wooded garden. Built from native granite, the stone steps in this Connecticut backyard harmonize perfectly with the sylvan surroundings. Patches of ferns and wild phlox grow nearby.

Photograph: Bill Stites. Garden design: Diane McConnell Regional editor: Bonnie Maharam

YOUR GARDEN PLAN WILL REACH NEW HEIGHTS WHEN YOU LINK DIFFERENT LEVELS WITH A SENSATIONAL BRICK, STONE, OR WOOD STAIRWAY.

STEP STRATEGIES

- Always build a minimum of two steps. Single risers can trip unsuspecting visitors.
- Keep your steps in proportion. Outdoor steps should never be steeper than 2 to 1 (a 6-inch riser for each 12-inch tread). A 3 or 4 to 1 ratio is even better.
- Pitch stair treads forward by one-fourth inch to ensure proper drainage.
- Never vary the riser or tread dimensions within one flight of garden stairs.
- On steep slopes build a landing after every 10 risers.



UP THE STONE STAIRCASE

Building a flight of garden steps doesn't necessarily mean your backyard has to undergo major surgery. Here, an informal stepping-stone staircase is all that was needed to bridge the gap between two levels of a hillside garden. Color is provided by patches of alyssum.

Photograph: Julie Maris/Semel
Garden design: Conni Cross
Regional editor: Bonnie Maharam



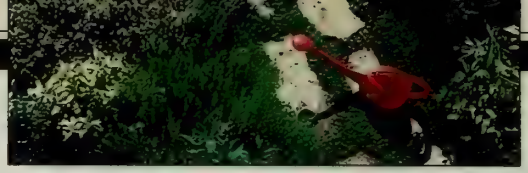
FLIGHT OF FANCY

Inspired by his childhood set of Lincoln Logs, designer Bill Hardyzer stacked a series of landscape timbers to create a stylish, 4-foot-wide staircase. The timbers, inexpensive and durable, come in 8-foot lengths and are available at most lumberyards. Bill cut some of the timbers at an angle to create the two fan-shaped landings.

Photograph: Jay Graham
Garden design: Bill Hardyzer
Regional editor: Helen Heitkamp

continued on page 26

continued from page 25



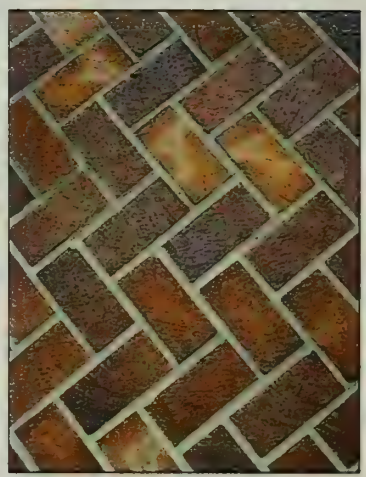
YOUR PAVING OPTIONS

CHOOSE PAVING MATERIALS THAT REFLECT YOUR GARDEN'S NATURE. TREE ROUNDS, FOR EXAMPLE, ARE FINE FOR A WOODED PLOT, BUT THEY LOOK OUT OF PLACE IN A FORMAL ROSE GARDEN.

STEPPING-STONES

ADVANTAGES:
Blend well with any garden style. Irregular shapes add interest and vitality to landscape.
DISADVANTAGES:
Smooth stones can be slippery when wet. Spacing the irregular stones can be challenging. Often more expensive than other materials.



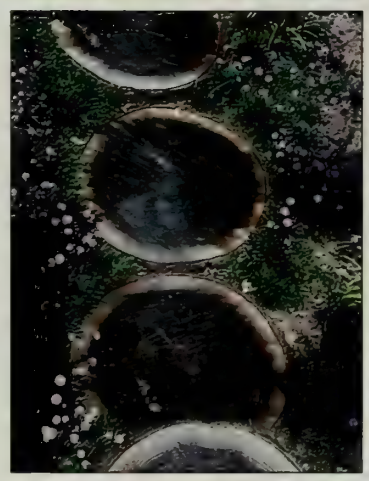


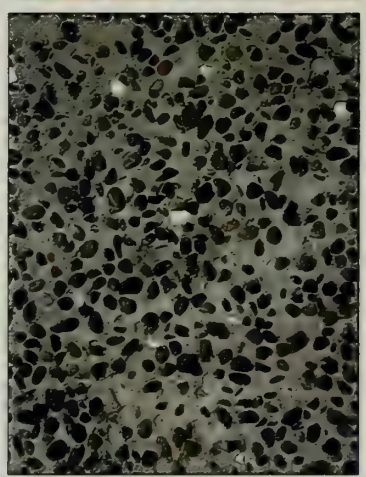
BRICK

ADVANTAGES:
Easy to install. Many colors and textures. Adaptable to a variety of paving patterns.
DISADVANTAGES:
Old or salvaged brick may crumble from freezing and thawing. Can be expensive in certain parts of the country.

TREE ROUNDS

ADVANTAGES:
Inexpensive. Excellent in a wildflower garden or other natural setting.
DISADVANTAGES:
Rounds will eventually decay. Unattractive in mass.





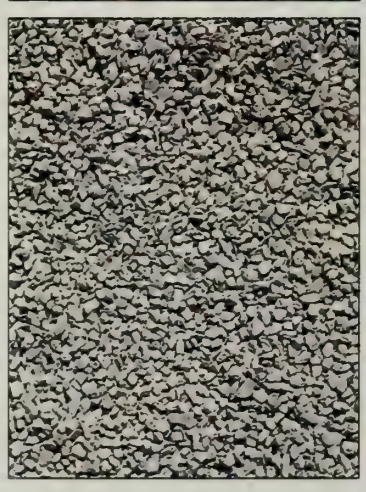
CONCRETE

ADVANTAGES:
Relatively inexpensive. Easily molded to any design. Wide selection of colors and finishes. Durable.
DISADVANTAGES:
Absorbs heat and may be uncomfortable for bare feet. Will crack or sag if not properly installed.

GRAVEL

ADVANTAGES:
Widely available. Simple to install and relatively inexpensive. Not affected by heat or frost.
DISADVANTAGES:
Scatters easily and may encroach on lawn areas. Weed mat required underneath to prevent weeds from sprouting.

How-to instructions begin on page 28.
Buying information, page 138.





CONCRETE PAVERS

ADVANTAGES:
Available in a wide variety of shapes and colors. Pavers interlock for foolproof installation. May be cheaper than other materials. Unaffected by heat and frost.
DISADVANTAGES:
Certain styles may not always be available in all locations.

continued on page 28

Photographs: Crandall & Crandall



We make outdoor furniture for everybody under the sun.

Introducing the complete line of Sunbeam Casual Furniture—chairs, chaises, rockers, gliders, settees, umbrellas and ottomans. They're beautiful, durable, require little or no assembly, and are made of rust-free aluminum. They come with a multi-year limited guarantee, and, for obvious reasons, they come in all sorts of colors, shapes, and sizes. Look for Sunbeam Casual Furniture at Ames, Best Products, K mart, Montgomery Ward, Sears, Service Merchandise, Target, and other leading retailers.

Sunbeam
CASUAL FURNITURE

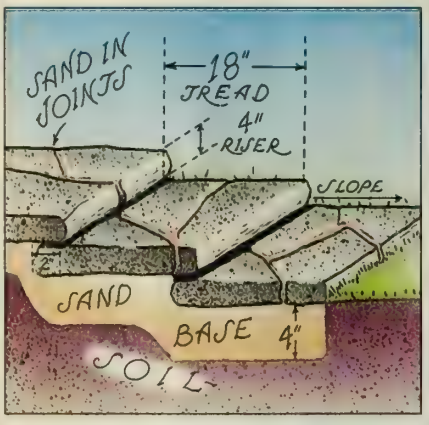
AT HOME OUTDOORS.

continued from page 26

UP THE STONE STAIRCASE

Instructions:

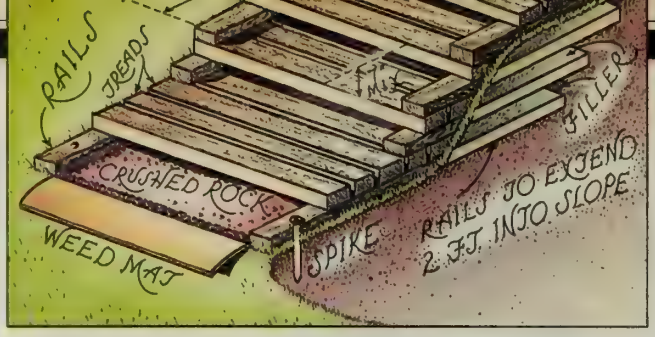
1. To determine the proper spacing for your steppers, simply walk your garden path, marking each step's location. Be sure to take normal steps that are comfortable for you.
2. Place steppers at previously marked locations and trace their outline in the soil with your spade.
3. Remove each stone and dig out the traced area. Your hole should be deep enough to accommodate at least one-third of the stone's thickness and a 2-inch sand base.
4. Add a 2-inch layer of sand to the bottom of each hole. Set the stone into place and tamp it with a rubber mallet.



▲SIMPLY SPLENDID GRANITE STAIRWAY

Instructions:

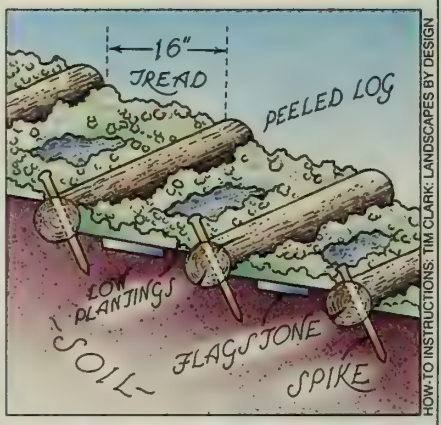
1. Starting at the bottom of the hill, begin excavating soil 4 inches below the existing grade. Gradually work your way up the hill.
2. Place 5 inches of sand in the bottom level and tamp it to a 4-inch thickness. Sand should slope slightly for adequate drainage.
3. Begin placing stones on the bottom level, fitting them tightly together like a jigsaw puzzle. Be sure the stones you use are at least 4 inches thick. They should also have at least one straight edge. As you work, keep the front edge of the step straight.
4. Tamp the stones into place with a rubber mallet. The stones should be perfectly level.
5. When the stones are set, pour additional sand over the top and sweep it into the cracks.
6. Repeat steps 2 through 5 for every level. Each step should overlap the one underneath by about 2 inches.
7. After the steps are in place, spray the entire staircase with a fine mist from the garden hose. This will help settle the sand into the cracks. Add more sand where needed. Then, sweep away excess sand with a broom.



▲FLIGHT OF FANCY

Instructions:

1. For a level path, set two parallel 8-foot-long timbers on an evenly graded surface to create "rails."
2. To stabilize the rails, drill two half-inch holes into each rail. Then, use a hammer to pound an iron stake through the holes into the ground.
3. Spread a weed mat between the rails and cover it with several inches of crushed stone.
4. Lay treads across the rails, spacing them 1 inch apart. Drill two half-inch holes in each tread and secure with 6-inch glavanized spikes driven into the rails below.
5. Use 4-foot-long rails to create steps. Be sure that at least 2 feet of each rail extends into the hillside.
6. Lay treads across the rails and fasten with 8-inch-long galvanized spikes. Work from the bottom up.



HOW-TO INSTRUCTIONS: TIM CLARK; LANDSCAPES BY DESIGN

▲GROW YOUR OWN STEPS

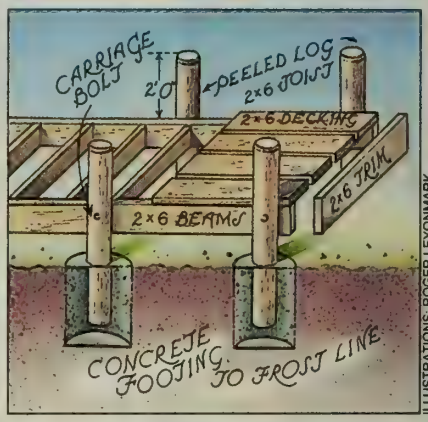
Instructions:

1. Dig a trench at the base of the hill that will accommodate a 3- to 4-foot-wide peeled log.
2. Drill two half-inch holes through the log. Then, place the peeled log into the trench so that the holes are at a slight angle.
3. Use a sledgehammer to drive a metal stake through each hole into the soil below.
4. Backfill behind the log with soil, then level. Next, set a few flagstones into the center of the tread.
5. Repeat steps 1 through 4 for each succeeding level of the staircase.
6. Plant hardy, ground-hugging perennials like creeping thyme, chamomile, or pearlwort (*Sagina subulata*) between risers.

WALK ON THE WILD SIDE

Instructions:

1. Excavate your path to a depth of 6 inches.
2. Add a 4-inch sand base to the bottom of the excavated area. Then, tamp to compact the sand. You may want to use a lawn roller.
3. Begin placing the stones into the sand, fitting them together like a jigsaw puzzle. Because stone thicknessess will vary, you may have to add some sand for thin stones and remove some for thicker ones.
4. Press the stones down with a rubber mallet as you work. All stones must be level with each other.
5. Save any large, round stones for the edge of the path.
6. When the stones are in place, sweep sand over the path to fill in the cracks between them.
7. Spray the path with water and add more sand where necessary. Double-check the path for loose stones.



ILLUSTRATIONS: ROGER LEYONMARK

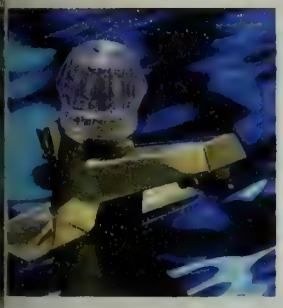
▲ANCIENT DESIGN FOR A MODERN GARDEN

Instructions:

1. Design your walkway on paper before you begin construction. You may want to consult a landscape architect.
2. Mark the location of the posts.
3. For each post dig an 18-inch-deep hole. The hole should also be wide enough to accommodate a 5-inch ring of concrete around the post.
4. Insert post, level; pour concrete into the hole. Temporarily brace the post in an upright position. Repeat for all posts.
5. After the concrete has cured, attach 2×6 beams to create the understructure of the walk. Use carriage bolts to fasten the beams to the posts.
6. Attach 2×6 joists to the beams using galvanized joist hangers and nails.
7. Nail the 2×6 decking to the joists and beams. When the decking is in place, trim off the excess with a circular saw. Be sure the wood grain on the decking is facing down.
8. Add 1×8 trim boards to finish the project.

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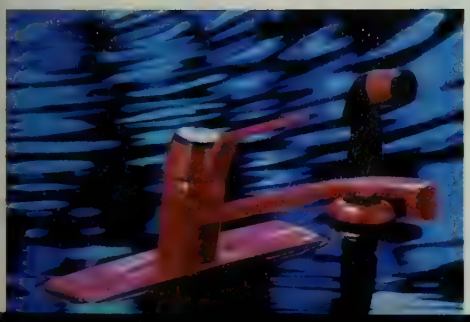


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WHITE-HOT DESIGN

SURPRISING ELEMENTS BRIGHTEN A SUN-ROOM

A bit of surprise can mean the difference between a good room and a grand one. In this sun-room, unexpected furnishings and frills please the senses—but still fulfill a practical mission.

DEFINE YOUR SPACE

Sun-rooms harbor split personalities—they're part front porch, part living room. That's great, but how do you decide whether your decor should appeal to the indoor side of the room's personality or to its kinship with the great outdoors?



A fat-and-sassy sofa and elementary geometry give an architecturally grand sun-room a sense of humor.



Before you choose the latter—a path that usually leads to wicker, matchstick blinds, and potted palms—why not consider a road less traveled? This sun-room shows there's more than one way to tap tradition.

VIVE LA DIFFÉRENCE

Delightfully different and easily adaptable elements can refresh any sun-room:

● **Have fun.** With nary a stick of patio furniture, this sun-room still offers outdoor spirit. Lively geometrics bring the lightheartedness of a playground to the space. Color and whimsy are sure-fire room sparkers.

● **Comfort comes first.** Furnished with living-room-caliber pieces, the space offers indoor comforts. Still, the camel-back sofa and easy chair look casual dressed in fun-loving wraps. The point here? Don't limit yourself to a certain furniture style just because of a room's location.

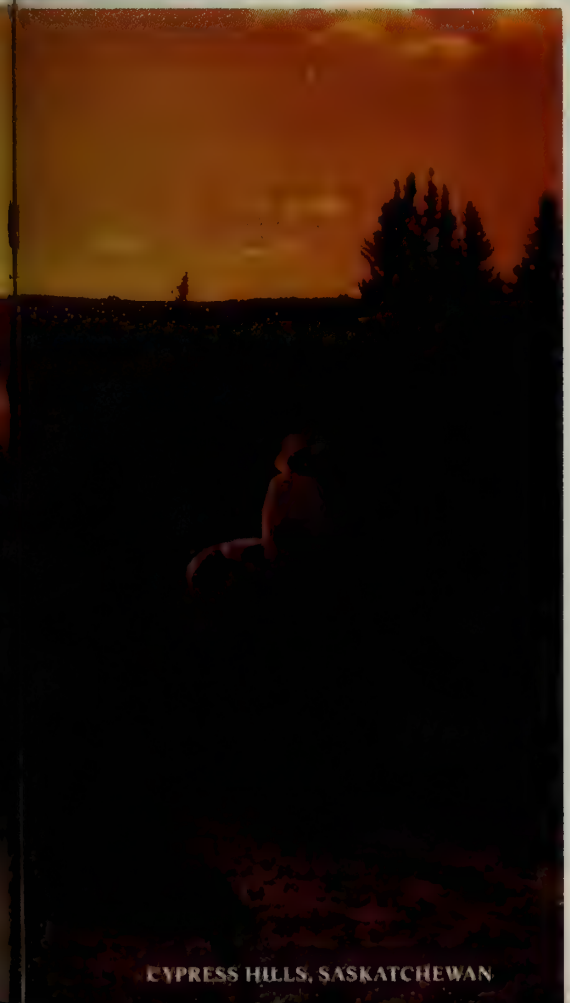
● **Smile-evoking accents.** Unexpected accessories give the space one-of-a-kind character. A planter as an end table, a homemade wooden necklace as a drapery tieback, and geometric pillows tossed around are bright ideas, easily duplicated.

● **Clean backgrounds.** A white backdrop provides a crisp canvas for the jolts of color sprinkled throughout the room. Left bare, windows show off artful architecture and let the sun shine in. White paint and undressed windows help any sun-room see the light.



REGIONAL EDITOR: HELEN HEITKAMP

Made to match the bench's cutouts, pillows repeat a geometric refrain.



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TABLE TALK

A GLOSSARY OF TABLEWARE TERMS

BY KATHRYN STECHERT BLACK

In the market for new dinnerware? Feel a need to learn the lingo? Before you go out and buy, buy, buy, bone up on these terms so you'll know the where, what, and why.

ACRYLIC: A clear, lightweight plastic that resists scratching. It's a great choice for high-style plastic glassware for outdoor and everyday use and abuse.



BONE DISH

BONE CHINA: Porcelain that is made with the addition of bone ash. Its translucence and brightness make it delicate and valuable.

BONE DISH: Crescent-shape dish that fits at the side of a dinner plate. Originally used for discarding bones, it's often used today as a bread or salad plate.

CASUAL CHINA: Everyday china that is thicker, heavier, and more durable than the more refined bone china.



COBALT

CERAMICS: The general term for items made from molded and fired clay. It covers porcelain, earthenware, and all types of pottery.

CHINA: High-quality, fine-textured, nonporous clayware originally made in China. The clay turns white when fired at high temperatures and is used to make today's fine porcelains.

COBALT: A metallic agent used to color glass, producing dark and light shades of blues, including very dark blue. In England it's called Bristol Blue. Glass colored with cobalt is very dense, transmitting little light. It's widely collected.

COMPOTE: A large, shallow, long-stemmed dish that is usually used to hold nuts, candy, or fresh fruit. A compote is often decorative or used as a centerpiece.

CRACKLEWARE: Pottery covered with a glaze intended to craze, forming a network of fine lines when fired.

CRYSTAL: General term used to describe all fine, clear glass, especially that made for dinner table use and decorated with faceting.

CUT GLASS: Glass with designs ground or cut into the surface.

DEPRESSION GLASS: Brightly colored, machine-molded glassware produced from the mid 1920s to the 1940s. Originally given away as promotions or sold in the five-and-dime, it's now highly collectible.

EARTHENWARE: Pottery made with a coarse, porous clay that's fired at low temperatures. Although it's a weak ceramic, it's easy to shape and is often used in low-cost tableware.

EMBOSSING: Any design molded, applied, or carved in relief.

ETCHED GLASS: Glassware with a frosted, matte-finished surface decoration that is sandblasted or etched into the glass.



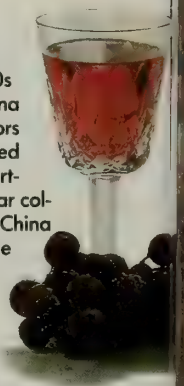
COMPOTE



LIMOGES

FAIENCE: A fine, brightly colored tin-glazed pottery made in France or other European countries.

FIESTA WARE: Everyday dinnerware made from the early 1930s to early 1970s by the Homer Laughlin China Company. The brilliant colors and modern lines catapulted this dinnerware from department store bargains to popular collectibles. Homer Laughlin China Company recently brought the line back to life in a whole new array of colors.



STEMWARE

FLATWARE: Most often, the term refers to silver or steel eating utensils, such as knives, forks, and spoons.

GLAZE: The coating that is applied to clayware and baked on in the firing process. Glazes make the clay nonabsorbent and are important as decorative elements. They can be transparent, colored, or combined with other glazes to create unlimited effects.

HOLLOWWARE: Generally, it is any serving piece, but especially describes silver bowls, pitchers, and the like. The term also is used to refer to utensils that have lightweight, molded handles.

IRONSTONE: A pottery, usually white, made with the addition of iron ore. It's a very hard, strong, only slightly porous earthenware of good quality. Used for tableware as well as large objects like pitchers, platters, and vases because of its strength.

continued on page Z8

PHOTOGRAPHY PERRY STRUSE



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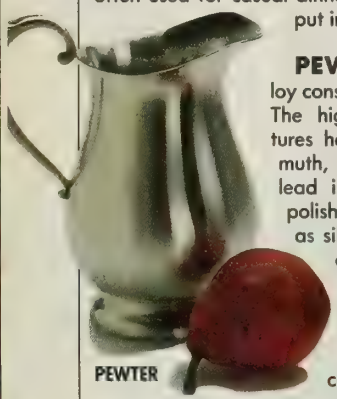
continued from page Z6

LIMOGES: A generic term referring to china dinnerware produced by any of the many factories in or near the city of Limoges, France. Since the 1700s the area has been a major center for production of French porcelain.

LEAD CRYSTAL: A high-quality glass. To qualify for the term, glass must be at least 24 percent lead, which makes it "half-lead" crystal. "Full lead" is 30 percent.

MAJOLICA: Richly colored tin-glazed earthenware originally made by the Italians and Spanish. Available as antiques and reproductions, typical pieces are decorated with thick glazes and bas-relief patterns such as fruit, flora, and animals. The style goes in and out of fashion and is once again popular, not only for tableware, but large vases, jardinieres, and umbrella stands.

MELAMINE: A type of very hard plastic that cannot be melted down and recycled. It's often used for casual dinnerware and can be put in microwave ovens.



PEWTER

PEWTER: A metal alloy consisting mainly of tin. The highest quality mixtures have copper or bismuth, but no lead. If no lead is used, the metal polishes almost as bright as silver. Otherwise the color tends toward blackish gray.

PORCELAIN: A hard, translucent, generally white ceramic that is very similar to china in ingredients and manufacturing process. The differences are so slight that the terms are used interchangeably.

POTTERY: A generic term, like ceramics, for all types of ware made from baked clay. Sometimes it refers to a specific type of durable ware made of crude clay and fired at low temperatures.

PRODUCTION GLASS: Glassware produced in quantity. The term used to imply low cost and low quality, but today's designers and manufacturers often turn out pleasing, stylish production pieces.

SALT-GLAZED POTTERY: Stoneware that has been fired with salt in the kiln, which creates a translucent glaze over a pitted surface. Used since the Middle Ages to make vessels watertight, it's now prized for its handmade appeal.

SANDWICH GLASS: Named after the Boston & Sandwich Glass Company, it's now a generic term for pressed glass. Invented as a way to cheaply copy cut glass by pressing facets in low relief into molten glass, it came into its own as a form.

SEMIPORCELAIN A kind of high-fired, good-quality earthenware developed in the U.S. for everyday use. It comes close to china in appearance and strength but is not translucent.

SERVICE PLATES: The large plates at each place setting that are used to hold the individual dishes from each course of a meal. Once associated only with formal dining or restaurants, they are now often used instead of place mats to add color and interest to casual settings. They are sometimes called chargers, though that term more precisely refers to a large wooden plate on which meat is cut and served. Some companies also refer to them as buffet plates.

SLAG GLASS: A usually inexpensive type of glass that is streaked like marble. Often made by press molding, pieces are typically bright blue, though sometimes purple or black.

STAINLESS STEEL: Any of various steel alloys with enough chromium to resist the corrosion and rust usually associated with ordinary steel. Its water-resistant characteristics make it ideal for everyday tableware, though some patterns are quite ornate.

STARTER SET: A collection of dinnerware pieces, usually four place settings of four or five items each, sold as a unit.

STEMWARE: Glassware that is mounted on a stem, such as wineglasses and goblets. Once associated with more delicate, formal, and expensive glassware, many manufacturers now make sturdy, attractive stemware for everyday use.

STERLING SILVER: The highest grade of silver, which is an alloy of 92.5 percent silver with copper or other metal.

STONEWARE: A heavy, nonporous pottery, often light-colored, that is fired at very high temperatures. That high firing makes it more durable and long lasting than common earthenware.



MAJOLICA

TERRA-COTTA: Unglazed earthenware fired at low temperatures. Colors range from buff to reddish brown. Made since Roman times, it's still widely used and loved for its warm appeal in everything from the common flowerpot and floor tiles to new southwestern-style tableware.

TIN GLAZE: An ancient glaze made opaque with tin oxide. Characteristic pieces are beautifully hand-painted on an opaque creamy-white background, some are decorated in relief and painted enamels. Most Dutch and English delft ware, as well as faience and majolica, is tin glazed.

VERDIGRIS: A greenish patina formed naturally on copper, brass, and bronze after long exposure to moisture and air. Fashionable these days on everything from lamps to bowls to furniture, the rich, ancient finish is often induced artificially. BH&G

Sources: Compote: "Temptation" 3-Quart Dessert Serving Bowl by Crown Corning; Limoge: "Victoria" by Bill Goldsmith; Stemware: "Lismore" cut crystal by Waterford and "Classic Legend" etched by Lenox; Pewter: Preisner Pewter; Majolica: The Haldron Group; Terra-cotta: Lone Oak & Co.



TERRA-COTTA



VERDIGRIS

As I See It #9 in a series
David Jonason, Ryszard Horowitz
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SOFA HUNTING

HOW TO TRACK DOWN A WINNER

Take care when you choose from the bounty of sofas out there—some are treasures, others aren't. Thinking of stalking the perfect one? To pick up the scent of quality, take along these pointers.

TIPS FOR SUCCESS

Here's how to bag your quarry:

● **Size up the situation.** You'll want your sofa to fit. So, before you leave home to shop, measure the sofa's sitting spot. Also, measure the doors, halls, and the stairwells through which it will need to pass.

Pack a book in case you get lucky. Plan to test-sit if you find a sofa you love.

● **Look for fabric features.** Once inside the stores, use these dead giveaways for quality: carefully matched fabric patterns, even seams with smooth stitching, neat welting.

Not the best? Move on to the next location.



● **Examine cushions.** Good seat cushions are slightly rounded on top, not so stuffed that they stretch seams. They should have an inner core of high-density polyurethane-type foam, a middle wrap of softer, polyester fill, and an outer muslin case. This produces a cushion that retains its shape, yet is soft enough to be comfortable. Back cushions are fine with a less dense foam core or a filling entirely of polyester fill.

● **Check frames.** Ask the salesperson to show you the manufacturer's catalogs for frame construction. Good ones are usually made of solid hardwood, such as maple or oak. They'll have glued, screwed, and double-doweled joints. Corner braces or blocks will add further strength. A good frame is well padded on the arms, back, sides, and front panel.

Have an urge to test the structure? Pick up the sofa at a bottom corner; if it loosens or twists, it's not time to take out your money clip.

● **Inspect the springs.** A sofa's suspension system is important to comfort and longevity. Moderately priced sofas often use an arrangement of snakelike springy steel strips in the deck or platform under the seat cushions. These strips are wired together and attached to the frame.

The best sofas have *individual* coil springs of steel that are tied or wired together. Look for a layer of padding over the springs.

● **Read fabric labels.** Learn the contents of the sofa coverings and weigh each of their characteristics. You may find that a combination of fibers will give you exactly what you want.

For example, wool, nylon, Herculon, and olefin are durable, but can be coarse and scratchy. Rayon and silk are elegant and ideal for formal settings, but tend to be delicate and may deteriorate when they're overexposed to the sun's rays. Cotton is affordable and can be woven into a wide variety of textures, weights, and patterns to suit almost any decor. But, it may stain easily, can fade in sunlight, and is only moderately durable.

● **Sit on it.** Think you've found the right one? Relax on it and read awhile. Try different sitting positions. Slip off your shoes and lie down.

● **Take fabric samples home.** View them in the room where you'll park your sofa. They may look different at home than in the store. When you're ready to order, allow for a two- or three-month delivery date.

—With Skye Alexander



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- **Nightfall™ shades from Graber** block all light with an opaque fabric, creating good sleeping conditions any time of day.
- **Kirsch Duette™ shades** have two fabric layers bonded in a honeycomb construction. Because they trap air, they're energy-efficient.



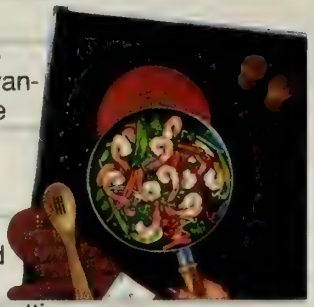


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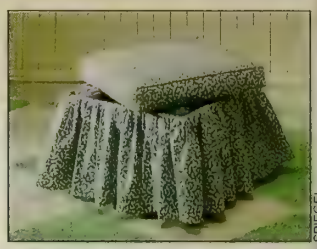
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- **Pop-top pieces** also offer double duty plus beauty. The skirted ottoman from *Spiegel* (*above*) props weary feet, cleverly stows objects, and sits in as extra seating. Other pieces you'll flip for include wicker hampers and drop-lid desks.

Looking for other stylish stashers? Don't forget the traditional storage pieces available to you:

- **Armoires** now hold everything from overcoats to electronics. There are also many modular storage systems on the market that allow you to pick the amount and type of storage you need, and let you design it to suit your room size.
- **Drawered pieces** used as nightstands, end tables, or entry pieces allow you to squeeze storage in here and there.

To find out more about the pieces shown, contact: *Cohasset Colonials*, 259CX Ship St., Cohasset Harbor, MA 02025. (Catalog subscription, $3.) Or, *Spiegel, Inc.*, Suite A, 1040 W. 35th St., Chicago, IL 60672 or call toll free 800/345-4500.

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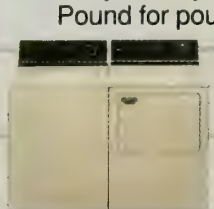
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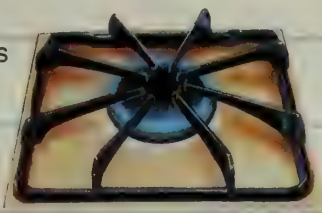
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When the day unravels and loose ends need tying, the owner of this sitting room literally knits her way back to grace. Surrounded by signature possessions—personality chairs, folk-art carvings, and a painted *Habersham Plantation* cupboard jammed with wool yarn—she finds this restful retreat is her private little corner away from the world.

CLAIM YOUR SPACE

You deserve a break today—so give yourself one! Stake a claim on a corner of your home's least-traveled room and try out some of these decorating ideas:

- **Focus on function.** With an eye to the decor of the rest of the room, select furnishings for your inner-space activities. All you need is a slip of space to slide in a desk for writing, a rocker for reading, or an armoire for stashing electronics.
- **Wake up tired surfaces.** Refurbish your private chair. Plump up your seating with squashy pillows re-covered in fabrics especially for *you*. Light the way with a reading lamp, or bounce warm rays of light off the walls by positioning uplights behind a large plant. The walls are dull, boring, and without character? Treat them to new pinstripes.
- **Pull out your treasures.** Arrange them with love on a small table, shelf, or on the floor, grouping items of varying heights and sizes for visual appeal. To add drama to a picture, attach a clamp-on spotlight at the top of the frame.

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GROWING SPACE

PERFECT FOR KIDS FROM CRIB TO COLLEGE



PHOTOS RICK TAYLOR ARCHITECT MYLES GLICK GLICK/BOEHM

This sunny room takes kids from castles to college without major remodeling.

Like the dinosaurs swinging from the ceiling, this simple child's room is timeless. Its built-in storage adapts as youngsters' needs and interests change.

ROOM TO GROW

Designing a room for your youngster today that won't be a "total gross-out" for tomorrow's teen may seem nearly impossible. But follow the lead of Myles and Kathy Glick, and you can create an easy-to-update growing area. The trick: Keep the basic room simple and build in plenty of sturdy storage that will adapt to new uses as your child grows.



REGIONAL EDITOR RUTH L. REITER

Step up to a bed with both sleeping and adjustable study space.

BASICALLY FLEXIBLE

The white laminate cabinets, hardwood floors, and a white-plus-brights color scheme yield an environment adaptable to any age or personality.

Specialized activity nooks divide Aaron Glick's room into sleeping, study, and play areas. The bunk bed has an adjustable desk-and-shelves unit on one end. The cushioned window seat provides a comfortable place to sprawl.

Clothing stashes in a closet and chest of drawers. For now, toys and treasures hide under the window seat and in the tall, twin storage units. Later, the pull-out drawers and adjustable shelves can stow more clothes or school supplies.

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Jessica

by Connie Walser Derek



Shown smaller than actual size of 19" tall

The Hamilton Collection,

FAMILY HEALTH

IDEAS AND INFORMATION ON STAYING WELL

INSIDE

In this month's special health section, you'll find news on medical tests, healthful eating, fitness, and support groups.

32
12 Health Checks That Can Save Your Life
Our who-what-when guide to medical tests.

37
Help When You Need It Most
Support groups lend a hand and give a lift when illness strikes.

40
Fitness Matters
Ideas and inspiration from the world of workouts.

43
Good Food, Good Health
How to make grocery shopping a healthful experience.

46
Health Update
News you can use on learning disabilities, free information sources, vitamins, and more.

12 HEALTH CHECKS THAT CAN SAVE YOUR LIFE



JIM KRANTZ

Periodic medical screening, even when you feel fine, is a way to help keep yourself and your family hale and hearty well into your golden years.

Unfortunately, even the experts disagree on which of the 1,500 tests are most important and how often you should have them. The best bets: tests for serious problems that benefit from early treatment. Naturally, these tests also should be safe, affordable, and accurate.

Our test recommendations are for healthy adults. Kids, pregnant women, and those who are currently ill have special needs that are best addressed by their personal physicians.

The list is a guide only, occupying the middle of the diverse opinions expressed by experts and health associations. Many factors can make it wise to seek testing sooner or more often:

- Personal or family history of illness
- Occupations that carry higher-than-average risks of illness
- Excess weight
- Habits like smoking and drinking.

Other factors also can affect your need for a particular test. You and your doctor should weigh these factors before setting up your test schedule.

BY BOB DEVINE

SIX CRITICAL TESTS

The first six screening tests are widely recognized as worthwhile. For each recommendation, we've included factors that increase your need for testing. These risk factors don't include medical conditions that may affect your need for a test.

● **Blood pressure.**
Who: Everyone aged 18 and above. Your need for blood pressure testing increases if you smoke, have a diet high in fat or cholesterol, have a family history of heart disease, or don't exercise regularly.

What: Blood pressure tests screen for hypertension, a condition that can lead to coronary artery disease, congestive heart failure, stroke, and other problems. This test is often available free at shopping malls, drug stores, and health fairs. The most accurate readings, however, are obtained in your doctor's office.

When: Starting at 18, men and women should have their blood pressure measured at least once every two years.

● **Hearing.** ***Who:*** Everyone, starting at age 50. Your need for this test increases if you work or play in noisy areas, or have ongoing treatment with some antibiotics. Ask your doctor.

What: Your ability to hear sounds at a variety of pitches, from high to low,

continued on page 34



Kids who need to see a dentist most are usually the ones who can afford it least.

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ADA ACCEPTED American Dental Association

30th Anniversary

continued from page 32

should be tested. Cost: $10–$100.

When: Every two to five years.

● **Mammogram.** ***Who:*** All women should get a baseline mammogram between ages 35–39.

What: Mammograms are low-dose X-ray photographs that screen for breast cancer. Your need for the test increases if you have a family history of breast cancer (mother or sister), no children, or a firstborn after age 35.

When: Women need additional mammograms every one to two years from 40 to 49, and annual mammograms from 50 on. Women from 20 to 39 need a clinical breast exam every 3 years; women 40 and over need a mammogram annually. Cost: $40–$160.

Most people don't need annual check-ups. Talk to your personal doctor about setting up the right schedule for you.

● **Pap smear.** ***Who:*** All women over age 18, or who are sexually active.

What: Pap smears screen for cervical cancer. The need for the test increases if: you smoke; your mother took DES during pregnancy; you had sexual intercourse before age 18; have had multiple sexual partners; use birth control pills; or have a history of genital warts. Cost: $10–$15.

When: Annually. If three consecutive annual exams show no problems, women can then have Pap smears less frequently at their doctors' discretion (usually every one to three years).

● **Serum cholesterol test.** ***Who:*** Everyone, starting at age 18.

What: Serum cholesterol tests measure various forms of cholesterol in the blood; high cholesterol levels are associated with coronary artery disease and other cardiovascular diseases. Test need increases if you smoke, indulge in a high-cholesterol or high-fat diet, have a family history of heart disease, or are overweight. Cost: a variety of forms of this test range from $5 to $75. Free "instant" tests are sometimes available in malls, but the most accurate readings require sending samples to a lab.

When: Every five years. Middle-aged men should ask their doctor about more frequent screenings.

● **Vision Test.** ***Who:*** No consensus on testing people aged 18–40. Important for everyone over age 40.

What: Vision tests are varied and can reveal conditions from near-sightedness to brain tumors. What most people mean by "vision" test, and the vision test most often recommended, is the familiar visual acuity test, which screens for an inability to see clearly, a depth-perception deficiency, and other vision problems. Cost: usually included in a regular checkup or eye exam.

When: Every two to five years. Most people under age 40 don't need testing. Ask your doctor.

TESTS YOU MAY WISH TO TAKE

The following half-dozen screening tests are considered worthwhile by many leading health authorities, but some equally reputable experts think these tests should be given only to individuals with risk factors. Your doctor can help you sort out your needs based on your medical history.

● **Glaucoma test.** ***Who:*** Men and women starting at age 40.

What: This test screens for glaucoma, an eye disease that can impair vision and cause blindness. It is strongly recommended that this test be given by an eye specialist rather than by a primary-care physician. Risk factors: old age, family history of glaucoma, being African-American. Cost: $40–$60.

When: Every one to five years; the frequency of testing usually rises as you get older.

● **Glucose test.** ***Who:*** All aged 18 and older.

What: Blood glucose tests screen for diabetes and other problems. Your need for the test increases if you have a family history of diabetes, are overweight, or are black, Hispanic, or Native American. Cost: $4–$24.

When: Until you reach age 40, every 10 years, then every five to 10 years from age 40 to 70. You should be tested every five years after age 70.

● **Rubella antibodies test.** ***Who:*** All women of childbearing age who lack proof of immunity (vaccination after age 1 or laboratory evidence of immunity); also health care workers who come into contact with pregnant women.

What: A rubella test screens for rubella (German measles), which can cause serious fetal problems if a pregnant woman catches the disease. The vaccine that will be administered if a rubella test is positive should be given before pregnancy. Cost: $8–$26.

When: Any time before pregnancy.

● **Sigmoidoscopy and stool occult blood test.** ***Who:*** Men and women aged 50 and over.

What: A sigmoidoscopy screens for colorectal (bowel) cancer. A stool occult blood test also tests for colorectal cancer. Test need increases if you have a family history of colorectal cancer. Cost: $75–$200.

When: For sigmoidoscopy, every three to five years. For stool occult blood test, annually.

● **Tuberculin skin test.** ***Who:*** Men and women aged 18 and over.

What: A tuberculin skin test screens for tuberculosis (TB). Test need increases if you have close, regular contact with people infected with TB; are a recent immigrant or refugee from countries in which TB is common (Asia, Africa, Central and South America, Pacific Islands, Caribbean); live in a nursing home. Cost: $10–$15.

When: Every two to five years until age 35.

● **Urinalysis.** ***Who:*** Everyone aged 18 and over.

What: Urinalysis screens for a wide variety of conditions, including kidney disease, urinary tract infections, and urologic cancers. Your need for this test rises if you are a smoker or are aged 65 or older.

When: Until age 40, every three to 10 years. After age 40, every one to 10 years; ask your doctor's advice.

TO LEARN MORE

Whichever tests you decide to take, remember that tests alone are simply one clue among many that your doctor will use to make a diagnosis. For more information about testing, look for these books:

- ***The Patient's Guide to Medical Tests,*** **by Cathey Pinckney and Edward R. Pinckney, M.D.**
- ***The People's Book of Medical Tests,*** **by David S. Sobel, M.D., and Tom Ferguson, M.D.**
- ***Smart Medicine,*** **by Bruce Hensel, M.D.**

—Bob Devine, an Oregon-based freelance writer, is a regular contributor to Better Homes and Gardens® *magazine.*

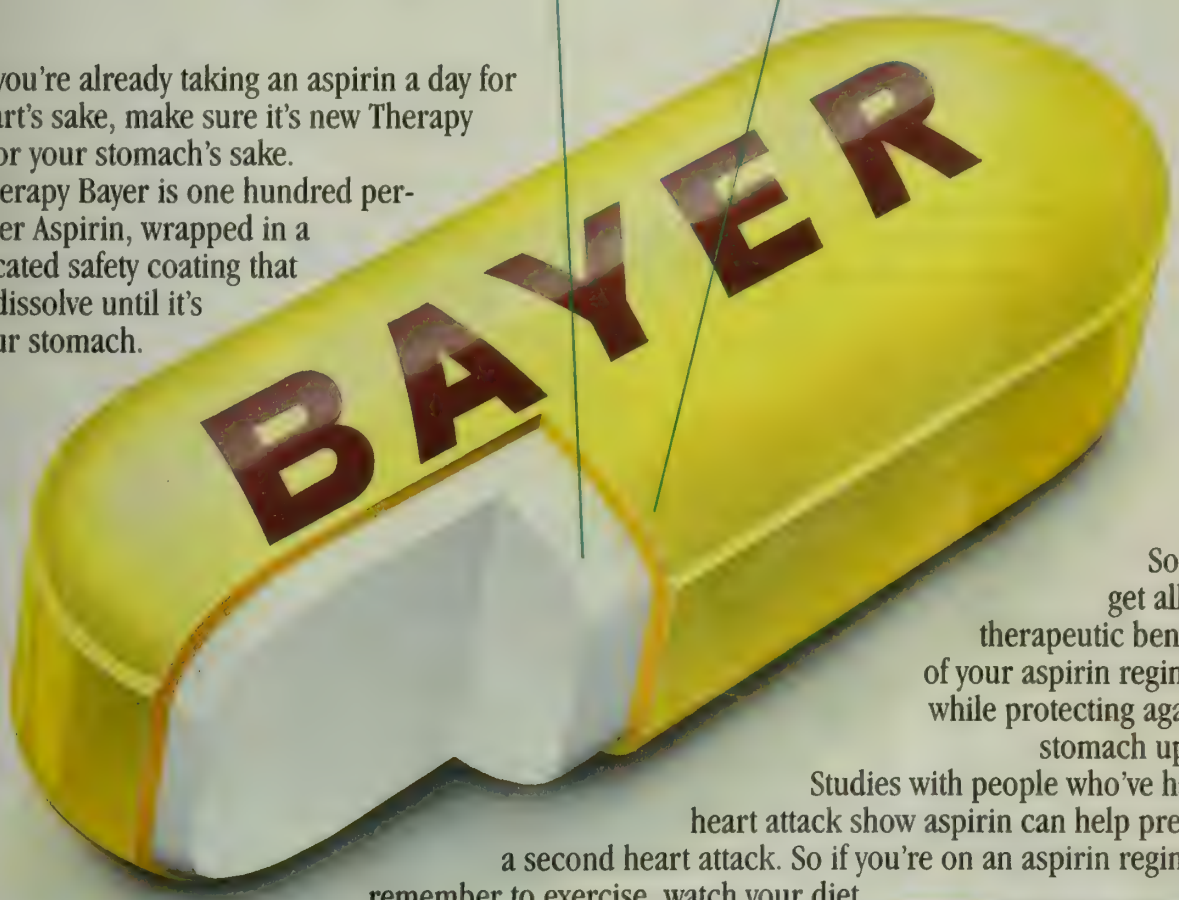
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Clinical studies show that manual brushing only removes some of the daily plaque buildup on your teeth. Those same studies show that the Interplak instrument cleans teeth nearly plaque free and reduces gingivitis to improve the health of your gums. So when you use the Interplak instrument, you're not just winning the battle, you're winning the war.

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HELP WHEN YOU NEED IT MOST

Helping Yourself Is Sometimes the Best Therapy of All

BY ANDREA ATKINS


JIM KRANTZ

For years, Heidi Hirsch fought alone against scleroderma, a little understood—and sometimes fatal—disease of the skin and connective tissue.

And she resisted suggestions that she join a support group.

"I was worried that I might see people who were really sick, and that it might make me really sad or depressed," says Hirsch.

When she finally took the train from her New Jersey home to New York's Upper East Side for her first meeting of the Scleroderma Federation support group, her attitude changed. Hirsch felt instantly at home.

"I felt the warmth of being in a group of people who really did understand my problem," Hirsch recalls. "They weren't sad and depressed at all."

More than 15 million people around the country belong to mutual aid self-help groups like the Scleroderma Federation. In fact, says Dr. Frank Riessman, director of the National Self-Help Clearinghouse in New York City, support groups exist for everything from people with cancer to lottery winners who need help handling their newfound wealth and responsibilities.

Groups are also available for relatives who've gone through tough times. Parents of Murdered Children and Al-Anon, for families of alcoholics, provide support for people whose family life has been turned upside down.

Riessman notes that if a group does not exist, you may be able to start one by contacting his clearinghouse or a clearinghouse in your state that can provide more information.

HELPING YOURSELF TO HELP

Self-help groups come in many forms. Each has its own personality and points of emphasis. To determine if a particular self-help group is for you, here are some things you can do:

- **Talk to members.** Ask them about their own experiences and what the group's goals are. Do those goals match goals you've set for yourself?
- **Contact the parent foundation.** There probably is background information, a newsletter, or other material you'll find helpful in understanding the organization, its principles, and its methods.
- **Determine whether the group makes use of community resources.** If a group is familiar with your community's social service agencies or local hospitals, it might be able to tap into resources you never considered.
- **Avoid groups that charge high membership fees.** Self-help groups are meant to be easily affordable.
- **Look for a friendly and caring atmosphere among group members.** Make sure leadership is shared. A dominating leader can defeat the group's purpose and make you feel ill at ease with the group.

SUPPORT FOR SUPPORT GROUPS

As the number of support groups grows, so does the medical community's regard for them. Many health professionals agree with self-help advocates who say that sharing your experiences with others is good therapy. Doctors have even begun prescribing self-help groups as partial treatment for a number of conditions.

"Medical professionals are seeing that self-help groups can have a positive impact on the course of a disease," says Eric Fetterolf, former director of Self-Help Information Network Exchange in Scranton, Pennsylvania.

Self-help groups work because they help isolated people feel normal, says Ed Madara, director of the Self-Help Clearinghouse in New Jersey.

You learn that it's OK to have a problem, and that it doesn't have to rule your life. Also, you may find some tips for day-to-day living.

"Very often the professionals I see are able to give me standard medications and general information," scleroderma sufferer Hirsch says. "But other patients are able to give me practical suggestions of how they've worked out problems that are similar to mine."

continued on page 38

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continued from page 55

MORE THAN JUST HELP

Self-help groups have other benefits as well. Unlike most professional help, the groups are low-cost and available around the clock from one's home.

- **Low cost:** Usually, membership in a self-help group is yours for the price of an annual dues membership (generally, $15–$25 per year). That fee should cover rent for your meeting room, refreshments for meetings, and printed materials. Such a bargain will be particularly welcome at a time in your life when medical bills may be piling up.
- **24-hour service:** Many support groups encourage members to exchange phone numbers. "I can call the members of my group in the evening, on weekends; they don't have office hours," Hirsch says.
- **High tech:** Even people who are homebound are beginning to take advantage of self-help groups, thanks to home computers. Users can communicate instantly with peers in locations around the country, says Madara, whose clearinghouse was the first to develop a national data base on computer.

NOT JUST SYMPATHY

Leon H. Levy, Ph.D., of the University of Maryland, Baltimore County, has studied self-help groups for many years. One reason they work, he says, is because they are not pity parties.

"It's clear that these groups are not just a place where people come and complain. The groups are often very task-oriented; they have goals and rules that are set by the group."

People who could be helped by a support group often misunderstand their purpose. Joyce Kirkland is a member of a Kansas City, Missouri, support group for mastectomy patients. Many other patients resist her invitations to join.

"They tell me, 'I don't want to just sit around and cry.' But that's not what we do," Kirkland says, noting that the group offers practical advice as well as emotional support.

WHAT MAKES GROUPS WORK?

Effective support groups have clearly defined goals and functions. Experts say well-run groups should:

- **Educate members.** Whether it's information on treatments, health insur-

ance, or activities for group members, sharing information is part of the self-help experience.

● **Provide emotional support.** You see how others with a condition similar to yours do things. "You don't think you're the only one in the world that this has happened to," Kirkland says.

● **Empower members.** For many people, group participation is the first time since diagnosis that they are able to feel control over something. "It makes me feel like a much more assertive person," says Kirkland, "and it makes me feel very good about myself."

● **Validate feelings.** "It's easy for a doctor who's treating you to say, 'Don't worry, it'll be all right.' That doctor has likely never gone through what you're going through," Riessman says. "But when you go into a room full of people who have gone through it, you feel as if you've come home, as if you've finally met the people who understand you."

> "When you go into a room full of people who have gone through it, you feel as if you've come home, as if you've . . . met people who understand."

● **Provide help in helping others.** After being with a group for a while, you begin to assist newer members. You will be able to help them in the same ways other members of the group have helped you.

"That's the best medicine in the world to me," says Hirsch, who has begun a chapter of the Scleroderma Federation in New Jersey.

Shopping around for a self-help group is just as important as shopping around for a new car. You want to ask the right questions and get all the facts because not all groups are alike.

Self-help groups are run by members. Some have a professional consultant on whom they call as problems arise. Some groups are local affiliates of large national organizations; others may be one-of-a-kind organizations.

What's important is that you feel comfortable with the way the group operates. If one organization turns you off, you may find another more to your liking. The box on *page 55* offers advice on conducting your search.

If you can't find a group for your needs, consider starting your own.

STARTING YOUR OWN GROUP

Sometimes, forming a self-help group is easier than bearing your problems alone, as Joyce Uhl of New Jersey discovered. After she woke up one morning last June with Bell's Palsy, a condition that temporarily paralyzes the face, she sought help.

"I went to the best doctors in the area," she says. "They really couldn't tell me what to do."

She now remembers thinking at the time, "If only someone would knock on my door and say, 'Look, I've been through this before. Look at my face. It got better, and yours will, too.' "

But that didn't happen, and now Joyce is trying to start a network of support for people who are going through what she experienced with Bell's Palsy.

And she is not alone.

"At any given time, we have a list of 250 people hoping to start groups," says Madara of the New Jersey clearinghouse, which unites people who are starting new groups.

New groups are usually right on the cutting edge of medical or emotional problems, which often makes them a source for help when no other kind of help exists. For example, groups for Alzheimer's disease and AIDS were formed long before those conditions became front-page news, Madara says.

Before trying to start your own group, check your local library, newspaper, or church or synagogue, advises Riessman of the National Self-Help Clearinghouse. You may find that the group you're searching for already exists, and has members nearby.

FOR MORE INFORMATION

To learn more, contact a clearinghouse in your state or send a self-addressed, stamped envelope to the National Self-Help Clearinghouse, 25 West 43rd St., New York, NY 10036.

Or, send $8 for a directory of more than 600 groups and model programs to: The Self-Help Clearinghouse, St. Clares-Riverside Medical Center, Denville, NJ 07834. Or call them at: 201/625-7101.

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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

IN THE LONG RUN

Keeping fit could keep you working

A fitness program may be the very best benefit your company can give its employees.

Fitness-for-business buffs claim—based on past studies—that corporate fitness programs attract employees, reduce health care costs, decrease absenteeism, and increase productivity.

BY GARY LEGWOLD

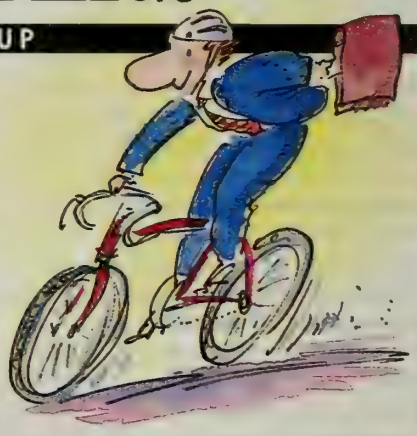
—Freelance writer Gary Legwold, a frequent contributor to these pages, does his exercising in Minneapolis.

Now a new study tacks another benefit onto this list: reduced turnover.

The study, done for Tenneco Corp. in Houston by Shan P. Tsai, Ph.D., who is now with Shell Oil in Houston, found less turnover among those who were active in the company fitness programs than among those who were not.

Differences were most noticeable among female clerical workers. Fifty-six percent of exercisers in this group were with the firm four years after the fitness center's opening; only 41 percent of the nonexercisers remained.

Of course, exercise is not the only reason employees stick around a company. Many employees are loyal to their company simply because they like the company. However, fitness does play a role in creating a company/worker bond.



STEVE BJÖRKMAN

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GOING FOR THE AFTERBURN

Metabolism keeps on working

Now there's *another* good reason to exercise.

A new study shows that the longer you exercise, the more calories you burn—even after the activity stops.

On three separate days, exercisers rode a stationary bicycle for 30, 45, and 60 minutes. Oxygen consumption, a measure of metabolic activity, went up with time: The 30-minute group averaged 63.2 liters, the 45-minute group 95.3, and the 60-minute group 128.3.

But after cycling stopped, the 30-minute group used 6.8 liters of "extra" oxygen before metabolism returned to normal; it was like getting credit for three minutes of cycling they didn't do. That's a 10 percent bonus.

The more you exercise, the bigger the bonus. The 45-minute group used 16 extra liters, the equivalent of 7.5 minutes of cycling and a 16 percent bonus. The 60-minute group used 36 extra liters, which is about 17 minutes of cycling and a 29 percent bonus. That means if you work out for one hour, the aftereffect creates almost another one-quarter hour of working out!

The study also shows that long moderate workouts—versus short hard ones—give a "bigger return in weight control," says Howard Wenger, Ph.D., of the University of Victoria in British Columbia, the study's author.

JUMPING FOR JOY—AND HEALTH

The benefits of jumping rope

Want to skip workouts and still stay fit? You can if your skipping involves regular rope jumping.

The American Heart Association is high on rope jumping because it's fun (especially done to music), and when the weather's bad, you just move inside.

Most important, rope jumping is a terrific workout; you can burn 300 to 400 calories jumping for a half hour.



Heart-y exercise includes jumping rope.

That's about as good a workout as 30 minutes of cross-country skiing. (Rope jumping can be hard on your lower limbs; avoid pavement or cement.) For information on a program called Jump Rope for Heart, send a SASE to: American Alliance for Health, Physical Education, Recreation and Dance, Dept. BHG, 1900 Association Drive, Reston, VA 22091.



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GOOD FOOD/GOOD HEALTH

YOUR FAMILY'S NUTRITION GUIDE

SMART SHOPPING FOR HEALTHFUL EATING

BY DONNA HAVERSTOCK, M.S., R.D.

Healthful cooking and eating starts when you shop for family groceries. Through the maze of store aisles, concentrate on the most healthful choices available in each department.

FRESH PRODUCE: A GOOD START

Loading up your basket with nutritious fruits and vegetables can help you resist buying less-nutritious impulse items throughout the store.

- For salad making, choose Vitamin A-rich, dark-green, leafy vegetables such as spinach and romaine.
- Pick up vitamin C-packed foods—you need some every day. Try citrus fruits, strawberries, peppers, broccoli, brussels sprouts, or cabbage.
- Know which fruits and vegetables hide calories and fat. Winter squash, corn, and potatoes have slightly more calories. Avocados contain fat (about 15 grams per half avocado) and more calories than other produce items.

DELI COUNTER: CHOOSE CAUTIOUSLY

If you're not careful, you could load up on high-fat foods here. Search out leaner items by asking for assistance if foods aren't labeled.

- Choose those luncheon meats made from turkey or chicken breast meat.
- Try low-sodium and reduced-fat cheeses in your favorite recipes.
- Look for the deli-prepared salads and entrées made with a minimum of salad dressing or gravy. Skip fruit salads drenched in dressing and instead buy mixed fruit salads in natural fruit juices. Stir additional chopped, fresh vegetables into oily vegetable salads to stretch the dressing.
- Opt for rotisserie-cooked poultry and meats, which contain less fat than meat loaf in gravy, barbecued ribs, or fried chicken.

MEAT/SEAFOOD: IMPROVED CHOICES

Meat case products are leaner than ever before. To select the leanest cuts, look for Meat Nutri-Facts posters which provide nutrition information.

- Ready-to-cook products such as breaded fish fillets or stuffed chicken breasts may have hidden fat.
- Buy Select grade beef. Beef is divided into three grades: Prime, Choice, and Select. Select beef has the least amount of marbling (fat throughout the muscle) and visible fat; Prime has the most fat.
- For fresh poultry, choose pieces with skin removed; they are all lean.
- Compare nutrition labels on ground turkey. Some brands have almost as much fat as lean ground beef.
- Experiment with fish. Just about everything at the fresh seafood counter is good for you. Fresh fish is an excellent lean, protein-rich food. Fresh herring, mackerel, some varieties of salmon, and albacore tuna are slightly higher in fat than other finfish. The higher-fat fish are rich in omega-3 fatty acids, purported to help lower blood cholesterol levels.

BAKERY: FOSTER WILLPOWER

The aroma of baked goodies can be hard to resist. Bypass this department altogether or make wise choices:

- For dessert, try angel food cake; it's made with egg whites, no yolks, and at around 160 calories per serving has half the calories of devil's food cake.
- Buy breads that list whole grain flour as the first ingredient; these are generally higher in fiber.
- For rolls, try bagels, pita bread, and English muffins, which have only 1 to 2 grams fat per serving.

DAIRY: A CASE OF GOODNESS

Today's dairy case is loaded with many reduced-fat products that are better for you.

- Compare labels when buying yogurt. Some brands are made with whole milk (32 calories per ounce), while other yogurts are based on nonfat milk (20 calories per ounce). Some fruit yogurts rely on artificial sweeteners.
- Try light cream cheese and sour cream.

continued



JIM KASCOUTAS

continued from page 43

BUYING WHAT'S BEST FOR YOU

Canned, Frozen, and Other Packaged Foods: Read Labels

Before you fill your cart with pantry items, take a little extra time and read product labels. Ingredient labels and nutrition labels can tell you which products are the most nutritious buys.

Canned foods: Opt for no-salt-added vegetables. For fewer calories, go for the water-packed or juice-packed fruits.

Frozen foods: As you hunt for a lower-calorie frozen dinner or entrée, look for those that meet these dietary guidelines:

- 300 calories or less per serving
- no more than 30 percent of calories from fat
- 100 mg cholesterol or less
- 1,000 mg sodium or less

Buy plain frozen vegetables more frequently than those packed in cream sauce. Of all frozen desserts, fruit and juice bars are lowest in calories and fat.

Beverages: Read the fine print on beverage labels. Beverages labeled "juice drink" or "juice cocktail," which have added sugar or corn syrup, will usually be higher in calories than plain 100 percent fruit juice. Flavored seltzer and sparkling water can be calorie free, but some contain sugary flavorings. Club soda has added minerals and salts that make it higher in sodium than seltzer.

Cereals: Oat bran is fine, but it's not the only healthful choice. Most cereals range from 1 to 3 grams fiber per serving, with some bran and multigrain varieties coming in at 5 to 7 grams. And, because cereal doesn't taste salty, you may be surprised at the sodium content of some varieties. The majority of popular cereals fall into a range of 230 to 250 mg sodium per serving. If you're on a sodium-restricted diet, choose puffed wheat or rice or shredded wheat. Puffed unsweetened cereals are lowest in calories.

Snacks: Turn your taste buds on to low-fat and low-sodium snack alternatives. Old-fashioned pop-it-yourself popcorn is a great high-fiber, low-calorie snack—as long as you don't add butter! Some brands of microwave popcorn contain salt and fat, although there are light versions on the market.

Condiments: Go easy on the sandwich spreads. Reduced-calorie mayonnaise and salad dressing contain less fat than the regular versions. Regular mayo and salad dressing have only about 5 mg cholesterol per serving, so those labeled "cholesterol free" offer minimal savings.

—Donna Haverstock, M.S., R.D., is a nutrition writer and consultant to the food industry, based in Florida.

COMING ATTRACTION

JOIN THE FOOD FIGHT

On April 19, the American Cancer Society invites you and your family to join the Great American Food Fight Against Cancer. For that one day, they encourage all of us to focus on nutrition and healthful eating. On April 19, lean on low-fat, high-fiber foods. Include foods rich in Vitamin A and C in your diet, and eat a cruciferous vegetable. A day's worth of smart eating could be habit forming.

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Ice Pops

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

Health tip: Take a break from your busy schedule to enjoy some fine spring sunshine. It's a proven stress reliever.



AN UNWELCOME INHERITANCE

Passing along learning disabilities

Eight-year-old Sam, says a University of Iowa researcher, has his mother's eyes, his dad's hair color—and his grandfather's reading difficulties. That's the upshot of a long-term look at kids with learning disabilities, disorders that interfere with learning skills like reading and writing.

Jeff Gilger, M.D., looked at the families of children currently diagnosed with poor memory, the most common form of learning disability. Compared to youngsters without the problem, the learning disabled kids were much more likely to have other family members who have (or had) learning problems.

Parents in families with a history of learning disabilities should stay especially alert for signs of problems in their own kids. Kids with learning disabilities are often tagged as troublemakers or retarded. Don't settle for a seat-of-the-pants diagnosis. Ask your doctor or school psychologist to have the child tested for learning disorders.

MEDICAL MAILBOX

● **"Health Hotlines"** is a guide to free medical advice from nearly 300 organizations. The 56-page booklet lists toll-free numbers and addresses, and includes a subject index. For a free copy write: Hotlines/BH, National Library of Medicine, Information Office, 8600 Rockville Pike, Bethesda, MD 20894.

● **Drug abuse treatment** can take a bewildering number of forms. Outpatient, inpatient, hospital-based—the list is almost endless and the range of prices astounding ($5,000 to $35,000 a month). "Tips on Selecting a Substance Abuse Treatment Facility" explains treatment and payment options in easy-to-understand language. To order, send $1 per booklet along with a business-size SASE to: Council of Better Business Bureaus, Dept. 023, Washington, DC 20042-0023.

● **Peripheral arterial disease** (PAD) affects 3 million Americans, mostly older folks. Narrowing of leg arteries causes the most common complaint: pain upon walking that fades with rest. "Step Lively" includes a test to determine your risk for PAD and an explanation of treatments. For a free copy, send a business-size SASE to: CMC, Dept. PAD-BH, Box 830, Andover, NJ 07821.

BRIGHTER OUTLOOK FOR SENIORS

You can stay sharp

Your mental abilities don't fade as you grow older. Instead, abilities tend to fall in stairstep with life's traumas. Illness, the death of a spouse, or unwanted retirement is more likely to cause mental declines than is simply getting older, according to K. Warner Schaie, Ph.D.

Dr. Schaie and his coworkers at Pennsylvania State University studied data from a 33-year-long study of Seattle residents. Their analysis of the information reinforces the notion that there is nothing inevitable about mental decline.

Dr. Schaie also reports that verbal abilities generally remain sharp into old age. However, unless exercised regularly, other faculties such as reasoning and the ability to perform numerical calculations will gradually fade. These skills can be sharpened with training, says Dr. Schaie.

Other researchers note that any decline in mental ability, regardless of age, is a signal to see a doctor. Many illnesses, including depression, can cause declines. Cure the illness, and you may be as sharp as ever.

VITAMINS MAY STEM CATARACTS

The connection gets clearer

A new study from Canada reinforces the notion that vitamins C and E help prevent or slow the formation of cataracts. James Rob-

continued on page 48

BY PAUL KRANTZ

THE FRESHNESS SHOULD NOT LEAVE ONE'S MOUTH AS SOON AS ONE'S TOOTHBRUSH DOES.



–The Colgate Wisdom Tooth

Ahh, the clean sensation of brushing your teeth. Wouldn't it be great if that feeling could last longer than the few moments it took to achieve it?

With Colgate Tartar Control toothpaste, it can. Colgate is the wise choice because it helps you fight tartar and feel it. Colgate helps to keep your teeth cleaner and smoother, and gives your mouth an incredibly fresh tingle. It's a breathtaking feeling, noticeably fresher than you may be used to. And best of all, it lasts even after you brush.

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"Colgate has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Colgate Tartar Control has been shown to reduce the formation of tartar above the gum line, but has not been shown to have a therapeutic effect on periodontal diseases."—Council on Dental Therapeutics-American Dental Association. Colgate Tartar Control Toothpaste with fluoride. ©1989 Colgate-Palmolive Co.

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HEALTH UPDATE

continued from page 46

ertson, D.M.V., compared cataract patients with a similar group without the lens-clouding condition. Among the few differences: Those without cataracts were more likely to be taking supplements of one or both vitamins.

Previous laboratory studies have suggested that both vitamins may interfere with the formation of cataracts. In the current study, vitamin C seemed to exert the stronger effect.

More research is needed to test the connection, but Dr. Robertson says taking supplements of these two vitamins may be an inexpensive and harmless form of insurance.

READ THIS, THEN SLEEP
Extra ZZZs boost alertness

Sleep is one good thing you can't get too much of, claims sleep researcher Timothy Roehrs, Ph.D., of the Sleep Disorder Center in Detroit. Even folks who don't complain of daytime sleepiness benefit from extra rest.

Dr. Roehrs studied a group of healthy men who reported that they slept well and didn't need any more rest than they were getting. A standard test of sleepiness showed otherwise. When given a comfortable place to rest, some of the men dozed off in six minutes or less. These guys usually slept about seven hours a night. A group that took 16 minutes or more to drift off averaged eight hours of sleep a night.

Everyone in the study benefited when extra nighttime sleep was added



to their schedule. The sleepiest group improved their alertness the most, but the nonsleepy group also improved.

In an ideal world, says Dr. Roehrs, we would simply sleep until we awoke naturally. Barring that, he recommends that most of us sack out earlier.

STORE THOSE CONTACTS RIGHT
Poor habits risk your vision

Improper cleaning and storage of contact lenses sets you up for a serious eye infection. Ophthalmologist Louis A. Wilson warns that ineffective disinfectants are a particular problem.

Dr. Wilson reports that two preservatives—chlorhexidine and benzalkonium chloride—used in storing rigid gas-permeable lenses are ineffective. The chemicals used in soft contact lens-cleaning solutions work, but in some cases only for several hours.

To minimize the danger of bacterial buildup on the lenses, the Emory University researcher suggests changing the solution daily. He also recommends storing empty lens cases open to air dry. Damp surfaces promote bacterial growth, he notes.

PREGNANT NEWS FOR DADS

Feeling bad can be good

Expectant fathers suffer their own version of pregnancy woes. Not to worry, says a new study. These men are probably better prepared for fatherhood than the average dad-to-be.

Called Couvade syndrome, the pale, male version of pregnancy affects first-time dads particularly. Symptoms include weight gain averaging 10 pounds, troubled sleep, increased appetite, and irritability. Diane Carol Longobucco, R.N., and Margie S. Freston, C.N.M., Ph.D., compared expecting fathers who had two or more symptoms with a similar group who had one or no symptoms.

The researchers found that the men with Couvade syndrome were more involved in preparing for parenthood and were likely to make the transition to fatherhood smoothly.

Men worried about Couvade symptoms they experience should talk to their partner's obstetric nurse, urge the two researchers.

NOTE TO HOBBYISTS: PIPE DOWN!

Hear today, gone tomorrow



Working in a noisy factory causes hearing loss, but not nearly as much as taking part in loud recreation. That's the upshot of a study by William Clark, Ph.D., a hearing researcher at the Central Institute for the Deaf at Washington University in St. Louis. Dr. Clark measured the hearing ability of office employees and shop floor workers at three manufacturing plants.

Thanks to government-mandated protection, workers in noisy shop areas had relatively little hearing loss compared to office workers. But when Dr. Clark looked at shop workers who engaged in shooting as a hobby, the story changed. Compared to office workers, shooters had twice the hearing loss as their nonshooting co-workers on the shop floor. The hearing of office workers who shoot was worse than the hearing for shop workers who don't shoot.

Target practice and hunting aren't the only hobbies that expose you to ear-damaging noise. Rock concerts, chain saws, stereos—even baseball games—can be loud enough to damage hearing.

Most frightening, notes Dr. Clark, is the insidious nature of the loss. Damage accumulates over your lifetime, and you may kill 50 percent of your hearing cells before you detect any loss. So, even if the the ringing sensation dies down within a couple of hours of your leaving a rock concert, the damage is permanent and will return to haunt you later in life.

To minimize damage, avoid ear-splitting noise or wear hearing protection, especially when using loud power tools or working in noisy areas.



THE BENEFITS OF SUMMER CAMP

Developing Your Child's Independence and a Love For the Outdoors

BY JOHN ROSEMOND



FOURBYFIVE/SUPERSTOCK

If your child could design a perfect summer, it would probably include plenty of playmates, new things to do every day, and a place to cool off when the summer sun gets too hot.

Year after year kids discover such perfect summers at day or overnight camp. At overnight camps, in particular, boys and girls learn something about themselves, their environment, and even about their parents by spending a few weeks away from home. The mother of 8-year-old Rachel discovered that firsthand.

After her first summer at overnight camp, Rachel ordered her mother out of the bathroom while she showered. "She won't let me wash her hair anymore," her mother complained.

"Isn't that one of the reasons you sent her to camp?" I asked.

Indeed, it should be. Camping fosters independence in its participants, while giving your child a feel for group living.

She used to toddle down the stairs in diapers, now she's gliding down in satin.

There was no preparing for this bittersweet mix of joy, awe and sadness. All those years of nurturing and worrying, making sure she stayed healthy and ate right. And suddenly, overnight...

Truth is, tomorrow morning you'll be making sure



Camp broadens social skills and often taps resources your child never had to call on before. Your child will learn to get along with new types of people, too. Rachel, for example, often gets a much-needed break from cliquish school friends by reuniting with her summertime camp friends.

In addition to the social benefits, a summer spent in the mountains or woods heightens your child's awareness of the relationship between humans and nature.

WHAT ABOUT HOMESICKNESS?

The primary problem faced by kids at overnight camp usually is homesickness. It's a natural feeling for a child away from family and friends, but the condition is rarely incapacitating. The staff at any good camp will be prepared to deal with campers who are upset.

Your best approach to homesickness is to start dealing with it at home.

● **Tell your child what to expect, stressing the positive.** Many camps offer suggestions and guidelines; some even have orientation programs.

● **Write your child often.** Frequent letters from home are essential to a successful camp experience. Phone calls are discouraged, if not disallowed, so make sure your child is well-equipped with stationery, pens, and stamps.

● **Don't jump to conclusions.** If your child's letters contain complaints, don't assume there's genuine misery. Some children have difficulty adjusting to being away from home.

Eleven-year-old Bruce wrote his parents complaining about his counselor, the lake, and his "geeky" bunkmates.

Fearfully, his parents went to see him on visiting day. To their surprise, they found that he was quite happy; he'd just taken awhile to adjust.

About one child in 200 will be so homesick that going home is the only cure. Usually, though, that child wasn't adequately prepared for camp. The best way to prevent homesickness: select a good camp.

CHOOSING A CAMP

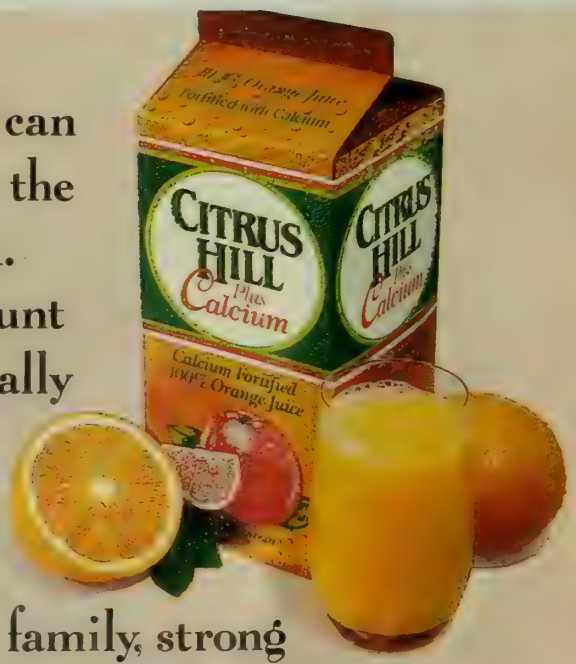
Visit prospective camps, preferably while they're in session. If it's not possible to do that, find out how long the camp has been in operation, how staff are recruited, and the kinds of activities that are offered. Ask about the age range of the counselors, the staff-to-camper ratio, and the nature of the facilities. Get the names of people who have sent their children to the camp, and contact them.

HOW OLD IS OLD ENOUGH?

Children as young as 7 can enjoy overnight camp, if they're adequately prepared. The younger the child, the shorter the camping session should be. A veteran camper of 8 or 9 should be able to handle at least three weeks, particularly if he or she is familiar with the camp and knows other kids there.

For more information, write: The American Camping Association, Dept. BHG, Bradford Woods, 5000 SR 67 N, Martinsville, IN 46151-7902.

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Calcium and Teens

Adolescence is a time of rapid rowth, yet 85% of girls and 55% of oys 15-19 get less calcium than they hould. That not only could interfere ith bone development, but lead to eaker bones later on. An 8-oz. glass f Citrus Hill Plus Calcium provides ¼ of an adolescent's calcium RDA, the same amount as an 8-oz. glass of milk. And it's as delicious as it healthy, from oranges picked at heir peak of ripeness. There are no reservatives or added sugar, just 00% pure juice plus the extra nutrion of calcium.

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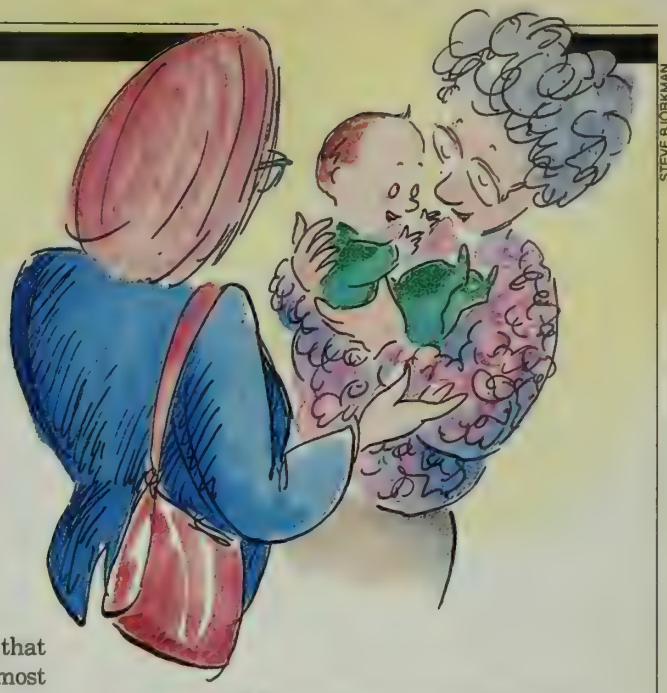
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FINDING QUALITY INFANT DAY CARE

Care That's Good For Baby and You

BY JOHN ROSEMOND



STEVE BJORKMAN

Without exception, experts agree that an infant does best in the primary care of a mother who can afford to stay home, *wants* to stay home, and enjoys full-time parenting.

But for those who find their work too fulfilling to leave—and those who must work to make ends meet—infant day care can be the right option.

If you find good-quality care, and still spend time with your infant each day, there's little reason for concern. In fact, day care can actually bring you and your child closer if work contributes to your feelings of adequacy.

HOME CARE

The best alternative to staying home with your child is finding a home environment with two or three other children. This type of setting usually means that your child will receive sufficient attention, and because there is no rotation or staff turnover, the infant can attach securely to the care giver.

Other benefits of family day care:

- Simple accommodation of your baby's various schedules.
- A familiar feeling that makes care easy on most small children.
- Direct and open communication between care giver and parents.

Because most states now regulate day-care homes, the first question to ask is, "Do you comply with state regulations?" Some states even certify and inspect homes. While certification doesn't necessarily mean better care, it at least guarantees that the home meets minimum standards.

A GROUP SETTING

If you decide on group care, look for a center that approximates what you'd want in good home care. Ask about:

- **Staff/child ratio:** The fewer infants, the more likely it is that your baby will receive sufficient attention. The optimum situation: one adult for every three infants.
- **Rotation and turnover:** Consistent care will make your infant feel more secure. Aides may change shifts, but you want the same primary care person in the room through the day.
- **Experience and training:** How are staff members trained? How much experience does each have in working exclusively with infants?
- **Environment:** The room should be bright and airy. Look for an open-floor play area for crawlers that's divided from the remainder of the room and either carpeted or covered in mats.
- **Cribs:** Although so-called "stacking" cribs don't look great, they do offer more floor space. Ask how much time your infant would spend on the floor. If there are traditional cribs, look for lots of space between them.
- **Equipment:** One or two baby swings, an adequate number of changing tables, and tables with built-in chairs for babies who eat solid food are necessities. Make sure that bottle-fed babies are held during feeding.
- **Staff:** Watch how the care givers respond to crying. Do they seem to genuinely enjoy their jobs?

Investigate these things before you have the baby. If possible, wait until your infant is six weeks old before starting care, longer for premature babies.

As a baby's interest in the world increases, so does the likelihood of successful adjustment to day care. Around eight months, however, many babies experience intense stranger/separation anxiety. This normal phase usually lasts a few months and is probably the worst time to change care givers.

—Family psychologist John Rosemond is author of The Six-Point Plan for Raising Happy, Healthy Children.

ADJUSTMENT FOR ALL

Babies—and parents—need to adjust to day care. You'll probably notice more crying, less sleeping, and generally more irritability. Your baby may experience these symptoms, too.

To get your infant through tough times: Hold and comfort the baby and be patient. The infant is just trying to maintain contact with you.

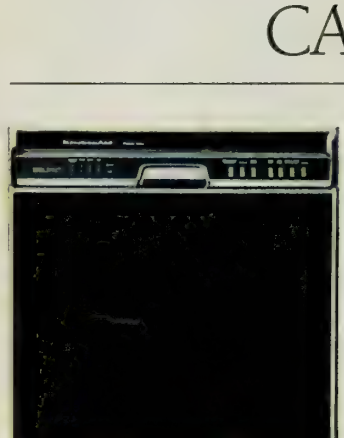
Parents need help, too. Mothers, particularly, often feel guilty and unsure.

A good care giver will respond to the baby's stress, and to yours, too. He or she should listen to your concerns, and work with you as part of a team. If the baby's stress doesn't ease after a couple of weeks, it may mean that you haven't found the best match between the baby and a care giver, and that another setting might work better. Or, it may mean that your infant isn't ready for day care at all.

If you need to remove the baby from day care, and can afford the time, it's best to wait a few weeks before trying another placement for your child.



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Y CRAIG CANINE



PHOTOGRAPH: THE IMAGE BANK

A new breed of high-tech adgetry is headed your way in e 1990s, one that's likely to ange the way you use—and ink about—your home. Here's a eview to help you make smart oices when it's time to buy.

GH-IQ HOUSES

New types of wiring systems, sen-rs, control modules, and central pro-ssors signal a whole new era in user-iendly home convenience. If you ever figured out how to program your tback thermostat, don't despair; your xt house may do it for you!

ere now: Some parts of these new stems are already available at chain ores that specialize in consumer elec-onic products. One item plugs into ur lamps and appliances to make em "smarter," that is, programma-e. Other items are hand-held re-otes. Fifty dollars will buy you ough components for a system that ts you control up to 16 lights and ap-iances from your easy chair. For an-her $80 you can get an interface kit at enables your home computer to ntrol up to 256 modules or 128 pre-ogrammed events. Just look for X-10 mponents, sold under various brand ames across the country.

riter/farmer Craig Canine cultivates r-ranging subjects on home and fam-y life while raising corn—and two ildren—on his Iowa acreage.

What's coming: The ultimate high-tech home control system will enable you to program your *entire house.* All the wiring systems may be linked to a central "brain"—a user-friendly computer. This means, for instance, that your house could close the living-room drapes whenever the sun threatens to fade the upholstery on the couch, tell the lawn sprinkler to turn itself on or off according to signals from underground moisture sensors, or start the vegetables in the microwave when the roast reaches a certain temperature in the oven. A system this smart also would know whether Junior or Sis has stuck a hairpin into a socket and could refuse to deliver power to anything except a properly inserted plug.

One such system is being developed by the National Home Builders Association via a project called Smart House. This system features a two-cable wiring system that replaces all the other wiring systems in the house, including electrical and TV cables, phone lines, and home-security wiring. It comes with a new type of outlet that lets you plug in any household electronic device—telephone, stereo speaker, microwave, or motion detector—in any room in the house. You'll program the central computer with a touch-screen on any TV set in the house, and issue on-the-spot commands (such as: Lock the back door and turn out the lights) via remote modules, voice commands, or even a phone call from work! The first prototype Smart Houses were finished in 1989. Smart House wiring systems will be available to builders in 1991.

MOVE OVER, R2D2

How about an automated helper to prepare meals, load the dishwasher, and scrub the floors? Believe it or not, household robots are well on their way into American homes.

Here now: Robots are already lending a helping hand in several industries. They handle such tough factory chores as spray-painting automobile and tractor parts; spot-welding in precise, repetitive patterns; inspecting and repairing nuclear reactors; and moving hazardous wastes. They're also proving themselves handy in the security, cleaning, and health-care fields. One company has designed a mechanical prison guard; another has developed an unmanned floor-scrubbing machine for large commercial buildings.

At a hospital in Danbury, Connecticut, a robotic cart named Roscoe shuttles meal trays between the hospital kitchen and nurses' stations. And a robot called Command I, made by Prab Robots, Inc., has voice recognition capability and mechanical hands that can manipulate eating utensils, a toothbrush, razor, and office equipment, enabling quadriplegics to care for themselves and enter the workplace.

continued on page 57



Enter the ORTHO "Beautiful American Yards™" Sweepstakes.

This season, while ORTHO products make your yard more beautiful, our sweepstakes could put a spacious new Chevrolet® Astro® Van in your driveway, or it could win you one of over 120 other prizes. No purchase necessary to enter. Look for entry forms and details at your participating ORTHO dealer. And count on ORTHO quality to get you a lot more mileage from your yard care.



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BHG-6013-4

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Address

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MARVIN WINDOWS ARE MADE TO ORDER.

HIGH TECH IN THE '90s

ontinued from page 55

What's coming: Before the end of the lecade, you may be wavering between wo major purchases—a new car or an electronic house boy. "If we could get inancing today, in three years we ould have a prototype household robot hat could clean the house, do the laundry, mow the lawn, and clear the table," says Gay Bogardus, marketing director for a Connecticut-based company called Transitions Research Corporation. "The household robot would e an expensive toy at first—somewhere in the $50,000 range," says Bogardus, "but we would hope to bring he cost down to half that as we produced more."

Look for specialized, single-function obots to come onto the market first. One type might be a home security guard; another might be a voice-recognition tutor for your kids. Down the oad, expect to see multifunction, jack-f-all-trades models, complete with humanlike dexterities (such as climbing stairs or picking up an egg without breaking it) that allow them to perform a wide range of household chores in any room in the house.

HOMEMADE ELECTRICITY

If owning your own robot sounds a bit exotic, consider generating your own electricity. Using a technology called photovoltaics, or solar electricity, homeowners who live far from the nearest power line are already converting sunlight into electricity to run their lights and some appliances. Photovoltaic (PV) power is still more expensive than electricity from a power company, but as the cost of PV systems comes down and the price of electricity from power companies goes up, solar electricity will make economic sense for more and more homeowners.

Here now: You may already own several pint-size PV generators. Small strips of PV material power solar calculators, watches, and outdoor lighting for gardens and walkways. Larger arrays (several strips wired in tandem) generate power for portable trickle-charged batteries in cars, boats, campers, and lawn-and-garden equipment, keeping the batteries fully charged even after lengthy storage periods. Depending on their size, solar-powered trickle chargers for RV batteries are available today for $100 to $300.

What's coming: Windows that double as power plants? The most promising kind of PV generators are called thin-film modules, glass panes coated with virtually transparent PV material. When wired together, these modules form a PV-window system that generates electricity when exposed to direct sun. With glazing like this, that greenhouse or wall of glass you've pictured for your dream home might also deliver enough power to light your house when the sun goes down. Already in use in Japan, PV windows are expected to arrive in the U.S. market sometime in the mid-1990s.

ANNOUNCING

YOU CAN WIN MORE THAN

$100,000 IN PRIZES

BETTER HOMES AND GARDENS®

1990

HOME IMPROVEMENT CONTEST

We'd love to pin a blue ribbon on your next home improvement project. Whether you're fixing up indoors or out, adding new space or face-lifting the old, your ideas and efforts may rate a top award—and a feature in our magazine!

PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small home improvement projects in each of the following categories:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REMODELINGS**
- **ADDITIONS**
- **WHOLE-HOUSE REMODELINGS**

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project. (Examples: a kitchen revamp that includes new appliances, cabinets, or countertop surfacing, a family room add-on that includes new windows or vinyl flooring, or a whole-house redo that includes new carpeting, hardwood floors, or window blinds.) In addition to your winnings, your project may be published in a future issue of *Better Homes and Gardens*® magazine!

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1990 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or called in the professionals to help with the design or the work.

HERE'S HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank below. We'll send you complete details, along with our official entry form.

- **All preliminary entries must be postmarked by October 1, 1990.**

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, *Before* and *After* photos, and receipts that could make *your* project a winner in our contest!)

- **All final entries must be postmarked by February 1, 1991.**

3. THE WINNERS: We will notify all winners by mail and publish the top entries in our November 1991 issue.

$500 CASH AWARDS

Following is a list of cosponsors providing $500 for best use of product:

American Gas Association
American Standard
Amoco Fabrics & Fibers Company
GENESIS® CARPET CERTIFIED BY AMOCO
Andersen Corporation
Armstrong Floors and Ceilings
THE ATRIUM DOOR & WINDOW COMPANY
Black & Decker (U.S.) Inc.
U.S. Household Products Group
Black & Decker Power Tool Division
BRUCE® HARDWOOD FLOORS
Cabot Stains
Casablanca Fan Company
COUNTRY CURTAINS®
CRESTLINE®
Duette®, by Hunter Douglas
Du Pont CORIAN®
Du Pont TYVEK®
ECO WATER SYSTEMS, INC.
Eureka Centra Vacuum Cleaners
First Alert
Formby's Refinishing and Wood Care Products
Frigidaire
GE Kitchen and Laundry Appliances
HORIZON HOUSE® CARPET
HUNTER FAN COMPANY
In-Sink-Erator®
Invisible Fence
KitchenAid
Kohler Company
Lane Cedar Chests or Lane Recliners
Lennox Industries Inc.
Marvin Windows
Merillat Industries, Inc.
Miele Appliances Inc.
Minwax® Company, Inc.
NAHB REMODELOR'S COUNCIL
National Spa and Pool Institute
Owens-Corning Pink Fiberglas Blanket Insulation Products
Pella® Windows and Doors/Rolscreen Company
Royal Appliance Manufacturing Co.
RUST-OLEUM® CORPORATION
S&S Mills
The Sherwin-Williams Company—Paint Stores Group
STANLEY® Tools, Hardware, Door Systems, and Home Automation
Tappan
Tarkett®, Inc.
The Original Shower Massage™ by Teledyne Water Pik®
Instapure® Water Filter by Teledyne Water Pik
Instapure® Air Filtration System by Teledyne Water Pik
Thomasville® Furniture Industries
True Value Hardware Stores
VELUX-AMERICA INC.
Wenco® Windows
Whirlpool Major Home Appliances

Better Homes and Gardens

1990 HOME IMPROVEMENT CONTEST

PRELIMINARY ENTRY BLANK

Postmarked no later than October 1, 1990

Name _____

Address _____

City _____ State _____ Zip _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1990.

☐ 1. Exterior Fix-Ups ☐ 2. Outdoor Improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Redos ☐ 6. Additions ☐ 7. Whole-House Redos

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for final delivery of contest entry packet.

Send $2 for postage and handling to:
Better Homes and Gardens
Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306

The Loves of Jennifer

Or how one woman saved a fortune on Home Fashions at Sears.

It's just typical of Jennifer. She always follows her heart. Even in something like furnishing her home. But she's also smart enough to know where she can let her dreams take flight...at down-to-earth prices. Which is why Jennifer always shops for her family's home fashions at Sears.



Jennifer falls completely for exquisite bed linen.

Just $159.* (Thanks to Sears and Royal Court.)

Complete sets of beautifully designed bedroom comforters and sheets at incredibly affordable prices. Featured here is the Royal Court Collection.

Our reversible, 200-count, percale comforter is generously overplumped with Qualofil® polyester to give it down-like comfort. Made by Springs,® it is box-stitched for a custom look and oversized to drape elegantly on all sides.

This luxurious, 200-count, percale sheet set—made by Fieldcrest Mills®—is a blend of combed cotton and polyester for comfort. Also available are vibrant prints and solid colors by Springs and J.P. Stevens.

Royal Court

DUPONT®

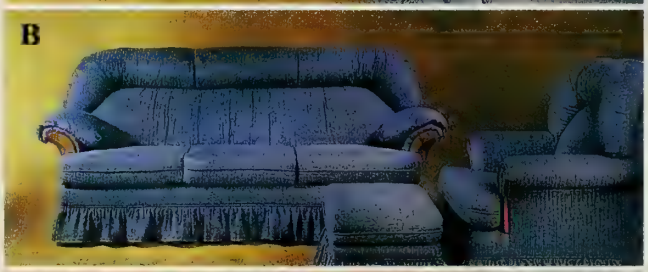
COTTON

*Price based on queen size comforter set which includes comforter, bed ruffle and two pillow shams. Royal Court's coordinates include: Sheet sets **$49.78** (queen size) • Decorative pillows—**$16.50** each • Lined window fashions—**$44.50.** Twin, full and king size sets available too.

Jennifer reveals her passion for Country furniture.

From Sears and the Open Hearth Collection.







Pick your own Country Collection with Open Hearth. So versatile, it allows you to express your personal style in over 400 ways. With sofas, sleepers, loveseats, chairs and ottomans that come in a spectacular selection of fabrics, patterns and colors.

Baldwin — Sofa: **$529** · Chair: **$299** · Ottoman: **$149**. Save $178 when you buy all three pieces for **$799**.

A. Kingston — Sofa and loveseat: **$699** for both (you save $129).

B. Westhaven — Sofa, chair and ottoman: **$699** for all three (you save $178).

C. Hearthside — Sofa and loveseat: **$699** for both (you save $129).

ESSERA
The Naturalized Yarn

All fabrics are Scotchgard™-treated for easy care and made from 100% Essera,™ the Naturalized Yarn · With a soft, luxurious feel · Colorfast—retains color even in sunlight · Durable—excellent wearability.

Essera™ is a trademark for polypropylene (Olefin) upholstery yarns produced by Amoco Fabrics and Fibers Company.



The generously sized bath towels (27 x 52 inches) by Fieldcrest Mills® are 100% combed cotton for unsurpassed softness and absorbency. Superb value from Royal Court, Sears finest bath collection. Choose from a full color palette, which includes rich jewel colors, mid-tones, contemporary and neutral brights.

The exquisite French-inspired shower curtains are 23% fuller than most standard curtains.

And Royal Court offers fantastic mix-and-match opportunities so no bathroom need ever look the same two weeks in a row. Coordinating bathroom accessories are also available. The complete collection includes: Bath – **$10** • Hand – **$7** • Wash cloth – **$4** • Supersize (33 x 66) – **$18** • Rug (22 x 35) – **$16.96** • Shower curtain – **$35**.

*Price applies to luxurious bath size towel only.

Royal Court

cotton®



Jennifer gets dreamy over luxurious bedding. By Sears and Sealy

comfort promise

Sleep on it for 30 nights. Not happy? We'll buy it back!
Sleep on your bedding set for 30 nights. If you're not completely satisfied, we'll buy it back

Choose Sealy or Sears bedding backed by Sears guarantee of quality and comfort. Sears will also meet or beat any price on comparable Sealy bedding. And, you'll get a ***FREE*** bedframe when you purchase any set of bedding (offer valid until April 30, 1990).

Sealy Comfort Deluxe or Sears Deluxe		**Sealy PostureCrest or Sears Elegance Classic**		**Sealy PostureCrest Extrordinaire or Sears Elegance Prestige**		**Sealy Posturepedic® Violet or Sears-O-Pedic® Imperial Superba**	
Twin ea. pc.	$79.00	Twin ea. pc.	$99.00	Twin ea. pc.	$139.00	Twin ea. pc.	$169.00
Full ea. pc.	$129.00	Full ea. pc.	$169.00	Full ea. pc.	$199.00	Full ea. pc.	$249.00
Queen set	$299.00	Queen set	$399.00	Queen set	$499.00	Queen set	$599.00
King set	$399.00	King set	$549.00	King set	$649.00	King set	$799.00
5 year warranty.		10 year warranty.		15 year warranty.		15 year warranty.	

Types of mattresses: Sealy Innerspring, Sears Innerspring or Sealy Foam (foam is of polyurethane) • Queen and king sold in sets only • Warranty: see store for details.

Jennifer's Endless Love: Shopping for Home Fashions at Sears

SEARS

Your money's worth and a whole lot more.

© Sears, Roebuck and Company 1990

All prices listed in the "The Loves of Jennifer" apply only to the continental U.S.

"Decorating is more fun when you have limited funds... you have to be creative." —JONI



BEAUTY AND THE BUDGET

DECORATING WITH MORE LOVE THAN MONEY

Have a decorating budget that just won't budge? So did the Ruff family. Joni and Jim's solution? Substitute creativity for cash. Come on in and help yourself to their mind-over-money ideas.

BY SANDRA S. SORIA



The Ruffs: Jim, Joni, young Jason, and Patches.

continued



BEAUTY AND THE BUDGET

"Older homes have more character built right in." —JONI

Packed with personality and easy-do ideas, the Ruffs' Oregon home is a textbook on affordable style. Its lessons are A-B-C simple: start with clean backdrops; stock with pieces with a personal past; sprinkle with lively accessories. Here, creamy walls and gleaming planks showcase inherited sofas, home-sewn pillows, and a few eye-grabbing accents for a warm, heartfelt look.



Perched atop a whitewashed mantel, a trio of birdhouses tickles the eye. Nearby, mismatched candlesticks also huddle together for more impact.



Passed-down family pieces form the heart of the Ruff home. Joni had her grandparents' sofas cloaked in fresh fabrics of her choosing.

PHOTOGRAPHS: STEPHEN CRIDLAND. DESIGN: JONI BROOKS RUFF INTERIOR DESIGNS. REGIONAL EDITOR: CATHY HOWARD



RUFF IDEAS

- Coat walls in creamy white paint to make small spaces live larger than life. White also bounces light around the room to play up sunshine.
- Revive antiques with new fabrics or finishes to gain quality furnishings at a bargain price.
- Search out a local carpenter to help you create one-of-a-kind style on a budget. Joni had the birdhouses built for a song; she finished them with paint.

Buying information, page 138.

"I love white; it's clean, bright, pretty." —JONI



RUFF IDEAS

■ **Splurge on backdrops; simplify furniture. The Ruffs spent money on French doors, flooring, and wallpaper; saved with wicker and family hand-downs.**

■ **Look for accents anywhere. Splashed with paint and draped in lace, a floor mat is promoted to a wall hanging.**

■ **Do it yourself. Jim stripped cupboards, removed doors, and revived them with white for a refreshing, low-cost look.**

Buying information, page 138.

BEAUTY AND THE BUDGET



Adding service with style, an antique flour bin creates a welcome, woodsy island in a sea of cool white.



New chicken wire, shirred fabric panels, and fresh paint bring an old pie safe up to date.



Sheet vinyl puts classic style underfoot—and the Ruffs under budget. Outlined in black and white, home-sewn cushions add snap to the space.

"My mother taught me about clutter.
Her lesson is simple: If you don't use it, get rid of it." —JONI



RUFF IDEAS

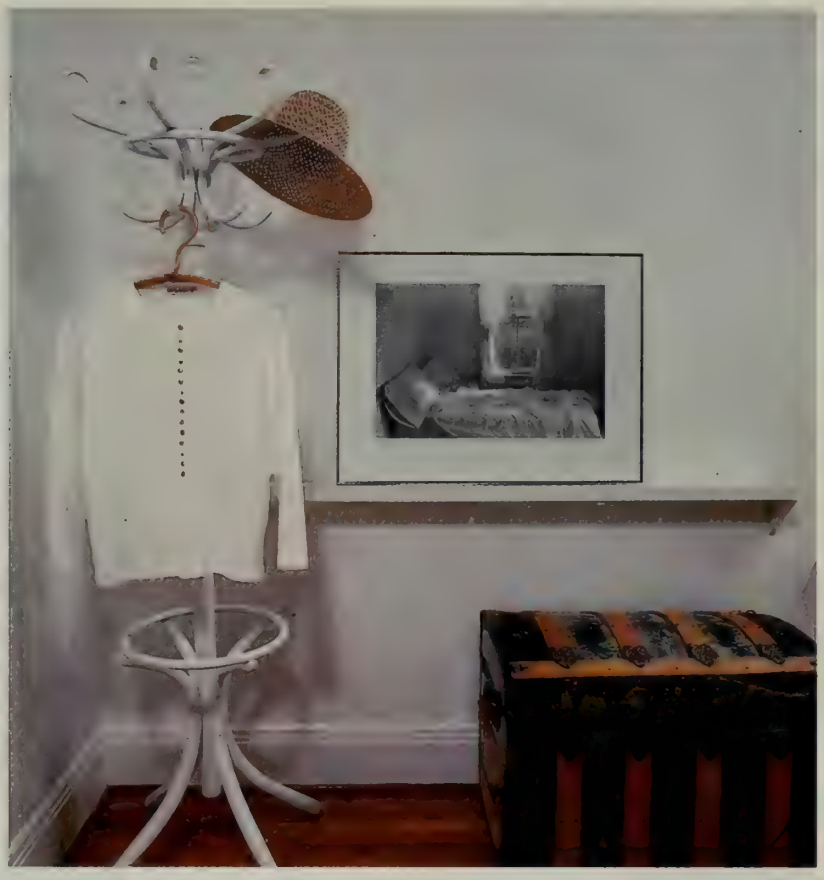
■ **Coat with white for an instant update. White enamel works modern wonders on a dated and dull waterbed frame.**

■ **Use barely-there window covers for utterly simple style. Here, a roller blind disappears by day and provides privacy by night.**

■ **Compose one-of-a-kind collages from adored objects. A summer hat, treasured chest, and arty poster speak softly of lives and loves.**

Buying information, page 138.

BEAUTY AND THE BUDGET



A narrow ledge offers an artful poster a place to stand, plus adds architectural oomph to the boxy room.

As serene as still water, this all-white waterbed practically insists that you dive in. Precious and few accents give the room an endearing personality without spoiling its simple pleasure.

If simplicity is the motto for the Ruffs' school of budget-conscious design, then white paint is the mascot. The couple lavishes the liquid on walls and furnishings, loving how it visually uncramps small quarters and freshens what it touches. Against the gallery-white backdrop, furnishings stand out like works of art. To preserve the lean, clean look, they limit the home's residents to a chosen few, including pampered plants and something-special accents. "Accessories mean a lot," says Joni. "You can add personality by using things that say something about you *and* to you—books, pictures, family treasures."



This chest-on-chest began life as two unfinished bureaus. Joni removed the smaller one's legs, bathed the two in white, then stacked them for stowing power with style.

BEAUTY AND THE BUDGET



RUFF IDEAS

- Soften with greenery; color with blooms. "Plants naturally warm a room," says Joni.
- Add a personal touch with easy-sew curtains, pillows, and duvet cover (made from two panels of 96-inch-wide decorator fabrics).
- Create vintage architecture with a stock-molding chair rail and a romantic wall covering.

Buying information, page 138.

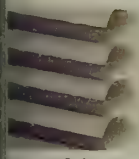
Visitors get treated to the home's soft and soothing spirit in an under-the-eaves guest room. Here, the humble and the handmade mingle with grace. The iron headboard once served on Joni's grandparents' Oregon farm. Joni stitched bedcovers in striking stripes to hug her guests with sunny warmth.



Old-fashioned gestures "romance" this guest room: wispy eyelet, a simple but serviceable pegboard, and sun-dipped colors.

We cover the world's most beautiful views.





The most beautiful views are the work of nature. Like the Brandywine Valley outside this farmhouse in Chadds Ford, Pennsylvania.

Inside, however, the most beautiful views are the work of something else. **Duette® window fashions.**

Only Duette shades have a cellular honeycomb design. This patented construction and its unique advantages cannot be duplicated.

Duette shades cover windows of virtually any shape or size in one flawless expanse unmarred by seams, holes or visible cords.

They're also highly energy efficient, incredibly easy to maintain, and so durable they'll retain their pleats permanently. So their beauty will never spoil.

Of course, everyone has a different view about what's beautiful. Which brings us to another advantage of the Duette construction. You can choose from a spectrum of luxurious colors inside, while a neutral white always faces outside. And our soft fabrics come in a choice of pleat sizes and varying degrees of light transmission...sheer, translucent and blackout.

So, no matter what your view may be, you'll never have to look beyond Duette window fashions.

For a free brochure, fabric sample and the name of your nearest Duette dealer, call 1-800-32-STYLE ext. 500. Or write: Hunter Douglas Window Fashions, P.O. Box 308 Dept. 500, Mt. Olive, NJ 07828.

HunterDouglas

DUETTE

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Your insurance company should be as permanent as your mobile home.

Everything about your mobile home says home. So doesn't it make sense to insure it with the company that's been protecting homes for nearly 60 years?

Allstate mobile home insurance protects you against things like fire, windstorms, hail, lightning, theft, and liability.

You're even covered if a guest is injured on your property. Or a vandal strikes your mobile home. Or if someone steals your credit cards while you're on vacation. And if you ever need to file a claim, you can count on fast, accurate service.

Call an Allstate agent today. You'll find us in the Yellow Pages. Permanently located under "insurance," of course.

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Allstate®
You're in good hands.

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PREBUILT HOME

BY WILLIAM L. NOLAN

Prebuilt homes for the '90s offer style, livability, and features that rival those of their stick-built cousins—at *half* the price.



BUILDER, REDMAN HOMES. PHOTOGRAPHS: TOM KNIBBS, REGIONAL EDITOR, KIT BRADSHAW

This house arrived at the site in two big sections, complete with window walls and white shutters.



Windows in the dining room rise to the roof peak. Open planning merges this space with the living room.

VACATION HOUSE

That vacation or retirement home you've been dreaming about may be more affordable than you thought. Ordering it from the factory can cut costs as much as 50 percent. The manufacturer uses labor-saving materials and assembly-line efficiencies that minimize waste. They also require little on-site labor—a boon if you're building in a remote area.

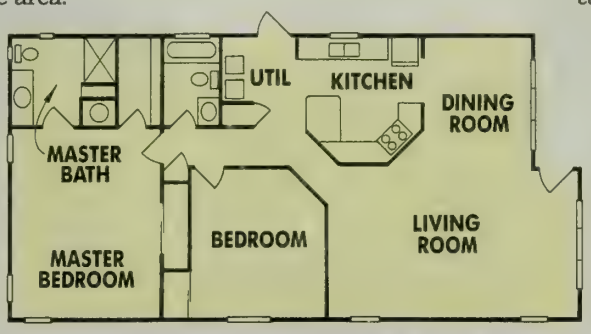
bedroom, 1,195-square-foot model by Redman Homes in Lakeland, Florida. It was shipped in two sections, complete with finished interiors. After the sections were secured to the foundation and joined at the seams, the crew added the porch and carport. User-friendly features include transom-topped window walls and low-upkeep fiberglass beveled siding. Price for the basic model: $42,500.

continued on page 75

QUICK ASSEMBLY

Prebuilts make sense for vacation settings because they're ready to move into within a few days; you needn't import skilled labor or lose an entire season getting your home built.

Our example is a two-



A guest bedroom and second bath buffer the master suite. Angled built-ins divert traffic around the kitchen.

Buying information, page 138.



New PINE-SOL SPRUCE-UPS™ squeeze daily clean-ups into busy schedules.



Fresh Scent **Lemon Scent**

When your days are crowded with meetings, errands, cooking and chauffeuring kids, there's nothing like new PINE-SOL SPRUCE-UPS.

New SPRUCE-UPS are premoistened household wipes, impregnated with a special cleaner. They're great for fast and easy clean-ups in the kitchen, in the bathroom—in lots of places around the house. Even in the car.

You don't have to bother with sprays, sponges and paper towels. New SPRUCE-UPS clean, wipe and dry in one stroke.

And when you're done, just throw them away.

New PINE-SOL SPRUCE-UPS. In fresh or lemon scent.

PINE-SOL, SPRUCE-UPS and "SPRUCE UP WITH SPRUCE-UPS" are trademarks of American Cyanamid Company. © 1990.

continued from page 73





Roomy work areas line all four sides of the kitchen. Each area is just a step or two from the island cooktop.

BUILDER: PATRIOT HOMES, INC. PHOTOGRAPHS: JACK HEDRICH, HEDRICH-BLESSING

Sliding doors in the dining room and tall double-hung windows in the family/living room overlook a big deck out back.

STARTER HOME

Brand-new digs at fixer-upper prices—that's the bargain you get with a prebuilt home. You needn't settle for cramped quarters, either, even if you're buying a starter home; prebuilts are every bit as roomy as stick-builts.

Consider the three-bedroom ranch shown here, built by Patriot Homes in Elkhart, Indiana. Its broad, low-slung profile encloses 1,804 square feet of living space, ample indeed for a family of four.

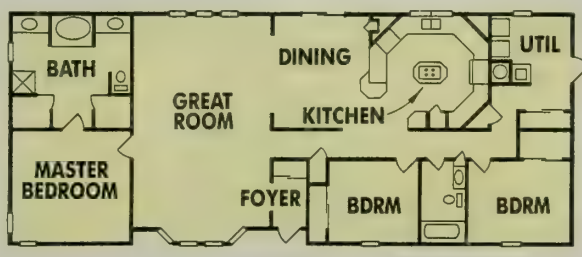
FORMAL AND INFORMAL SPACES

A large living/family room stretches front to back in the center of the house, adjoining the separate dining room and foyer. The kitchen features broad swaths of counter space on all sides, plus an island cooking center. Angled built-ins in each corner eliminate hard-to-reach storage compartments under the counters and create wraparound work centers that accommodate several cooks at once. The master bath comes complete with separate tub and shower and two built-in vanities.

QUALITY EXTRAS

Prebuilt homes also come with unexpected extras—standard features and upgrade options—that you'd expect to find in pricey tract or custom-built houses. For example, cabinetry in a Patriot home has solid-oak doors and drawer fronts. The windows are double-hung wood sash, and the tub in the master suite is a whirlpool spa. Bonus quality is built into the shell, too: the exterior walls are insulated to R-19; the roof to R-30, and the floor to R-11. Total cost: $49,000.

continued on page 76



The plan's long, lean layout uses the main living area as a buffer between the master suite and the children's rooms.

Buying information, page 138.



Redman Homes, Dallas, Texas | Liberty Homes, Goshen, Indiana | Fairmont Homes, Nappanee, Indiana | Patriot Homes, Elkhart, Indiana

continued from page 75

WIN ONE OF THESE HOMES!

You could win a prebuilt home of your own by entering the DISCOVER THE AFFORDABLE DREAM SWEEPSTAKES. Just fill out the entry blank below, then tour one of these model homes this spring at a mall near you to choose the home you like best. To find out where an AFFORDABLE DREAM home will be on display in your area, call 1-800/356-4053.

Five Grand Prizes

You may be one of five Sweepstakes winners. Each will win a Redman, Patriot, Liberty, Victorian, or Fairmont multisection manufactured home. Approximate retail value (without land) of each home: $32,500. Each home conforms to specifications established for manufactured housing by the Federal Department of Housing and Urban Development (HUD).

Here's how to enter:

- Complete the official Sweepstakes Entry Certificate below (or hand print your complete name and address on a 3×5 card; include zip code, telephone number, and area code. No P.O. boxes, please). Only one entry per envelope. No purchase necessary to win.

Mail your entry by July 31, 1990, to: DISCOVER THE AFFORDABLE DREAM SWEEPSTAKES, P.O. Box 3036, Grand Rapids, MN 55745.

- Or: Visit the DISCOVER THE AFFORDABLE DREAM home display at your participating shopping mall, and deposit an official Sweepstakes Entry Form at the display.

Judging: Winners will be selected in a random drawing from among all valid entries submitted. The drawing will be conducted by Marden-Kane, Inc., an independent judging organization. All decisions are final. The drawing will be held on or about August 15, 1990. Winners will be notified by certified mail. Prizes will be awarded as soon as compliance of winning entries with Sweepstakes rules (below) has been verified. Winners are responsible for all taxes on prizes.

Rules: (1) Winners are responsible for providing home sites, foundation construction, building permits and zoning approvals, utility services and hookups, all costs of shipping the home from the manufacturer to the site, and for conforming to any federal, state, local, subdivision, or park regulations, convenants, conditions, or restrictions that apply to the home sites. The home site must be approved by the participating manufacturer and be accessible for normal delivery of a manufactured home.

(2) The manufacturer will not be responsible for state or local building-code requirements that may vary from the HUD Federal Construction Standard.

(3) The manufacturer agrees to ship the home within six weeks after proof of winner's ability to take delivery at a residential home site is received. Such proof must be received by the manufacturer within 180 days after notification of selection, or winner forfeits the prize and another winner will be selected. Winners will be required to sign an affidavit of eligibility and release that must be returned within 14 days to Marden-Kane, Inc. No substitution for the home will be made.

(4) No mechanically reproduced, illegible, or incomplete entry forms will be accepted. Participating manufacturers are not responsible for late, lost, misdirected, mutilated, stolen, or illegible entries.

(5) Only one winner per family, group, or organization.

(6) By entering the Sweepstakes, entrants agree to be bound by these rules and allow use of their name and/or photograph without further compensation for publicity purposes carried out by participating manufacturers and their retailers.

(7) Void where taxed, restricted, or prohibited by law.

Eligibility: This sweepstakes is open to all U.S. residents 18 years of age or older except employees and members of their households of: Owens-Corning Fiberglas Corporation; participating manufacturers and their retailers; subsidiaries, divisions, agents, affiliates, participating retailers, or advertising agencies; and Marden-Kane, Inc. Proof of eligibility will be required.

Winners list: For a list of the grand prize winners, send a stamped self-addressed envelope after October 15, 1990 with your request to: "Discover the Affordable Dream" Winners, P.O. Box 3097, Grand Rapids, MN 55745.

ENTER NOW TO WIN A NEW HOME:

Name _____

Street _____

City _____ State _____ Zip Code _____

Phone ( ) _____

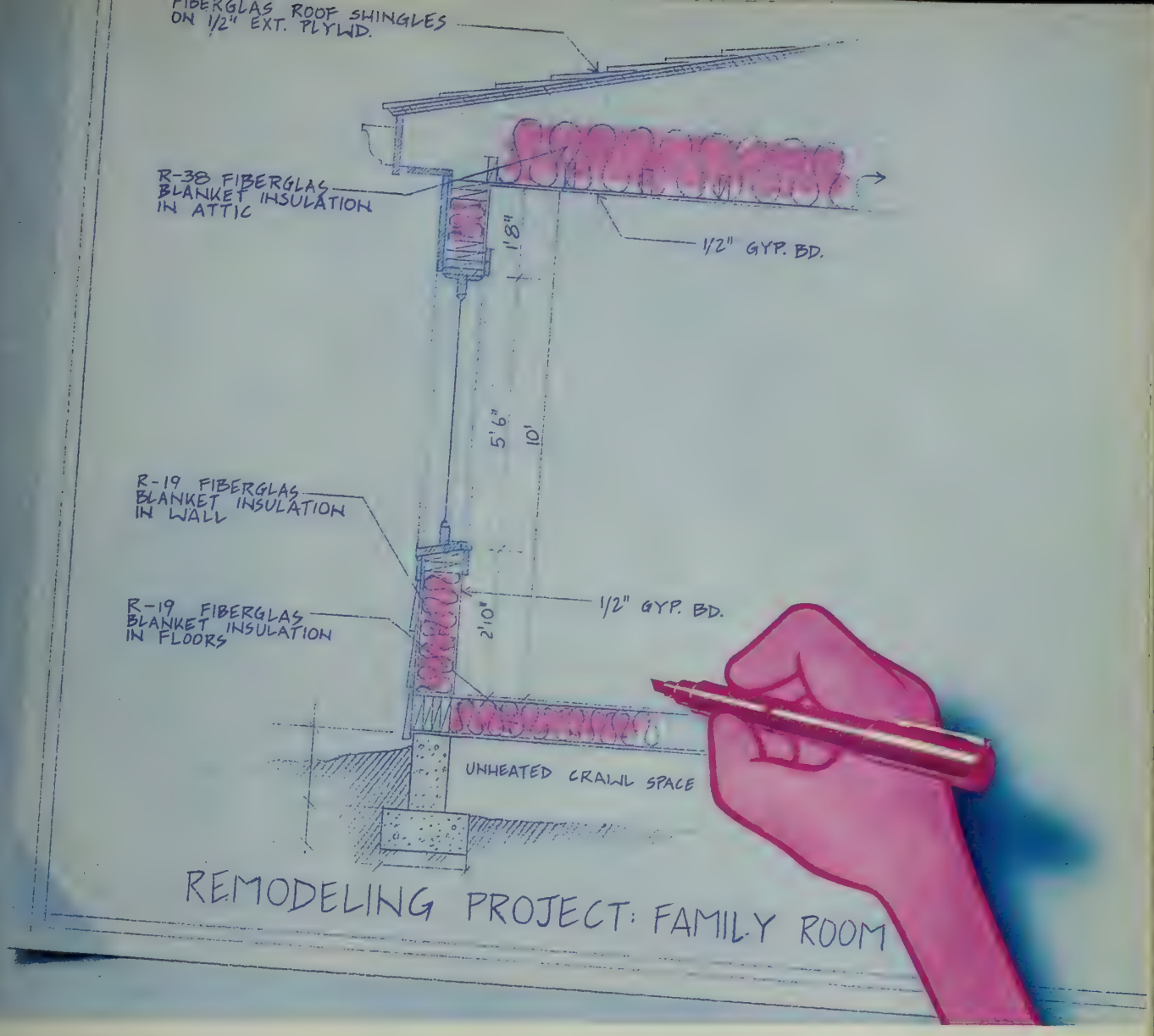
1. What is your age?
( ) 18–24 years
( ) 25–34 years
( ) 35–44 years
( ) 45–55 years
( ) Over 55 years



2. What is your household income?
( ) Less than $10,000 per year
( ) $10–24,000 per year
( ) $25–34,000 per year
( ) $35–50,000 per year
( ) More than $50,000 per year

3. For your primary residence do you currently:
( ) Rent an apartment
( ) Rent a site-built house
( ) Rent a manufactured house
( ) Own a condominium
( ) Own a site-built house
( ) Own a manufactured house

4. Please check all that apply:
( ) I am considering purchasing a manufactured home.
( ) I have visited a manufactured home dealer.
( ) I am interested in a manufactured home as my primary residence.
( ) I am interested in a manufactured home as a second home.
( ) I am interested in manufactured housing for a friend or relative.
( ) I am interested in a manufactured home for investment or resale.



Now's the time to make sure your remodeling project has enough insulation.

Do you know what you need in the attic? Under the floor? How about between the walls?

If you're building an addition or remodeling your home, now is the time to make sure you're getting the Department of Energy's recommended level of insulation.

Most attics, for example, should be insulated to an R-value of 38 (or 12 inches of Owens-Corning Pink* Fiberglas® blanket insulation). Most new walls should be at R-19.

Recommendations vary with location. But no matter where you live, it makes sense to insulate properly—before your project is completed.

Talk to your contractor today. For more information and a booklet on the latest U.S. Government insulation recommendations, send in this coupon or call 1-800-GET-PINK (Ext. 83).

Otherwise you could end up with an unwelcome addition to your new addition: high fuel bills.**

Mail to: Owens-Corning Fiberglas Corp., Attn. C.J.L. Meeks, P.O. Box 44179, Jacksonville, FL 32231-4179. Please send me a free copy of "A Homeowner's Guide to Insulation." I am interested in this for: ☐ building a home, ☐ remodeling, ☐ adding insulation.

Name_____

Address_____

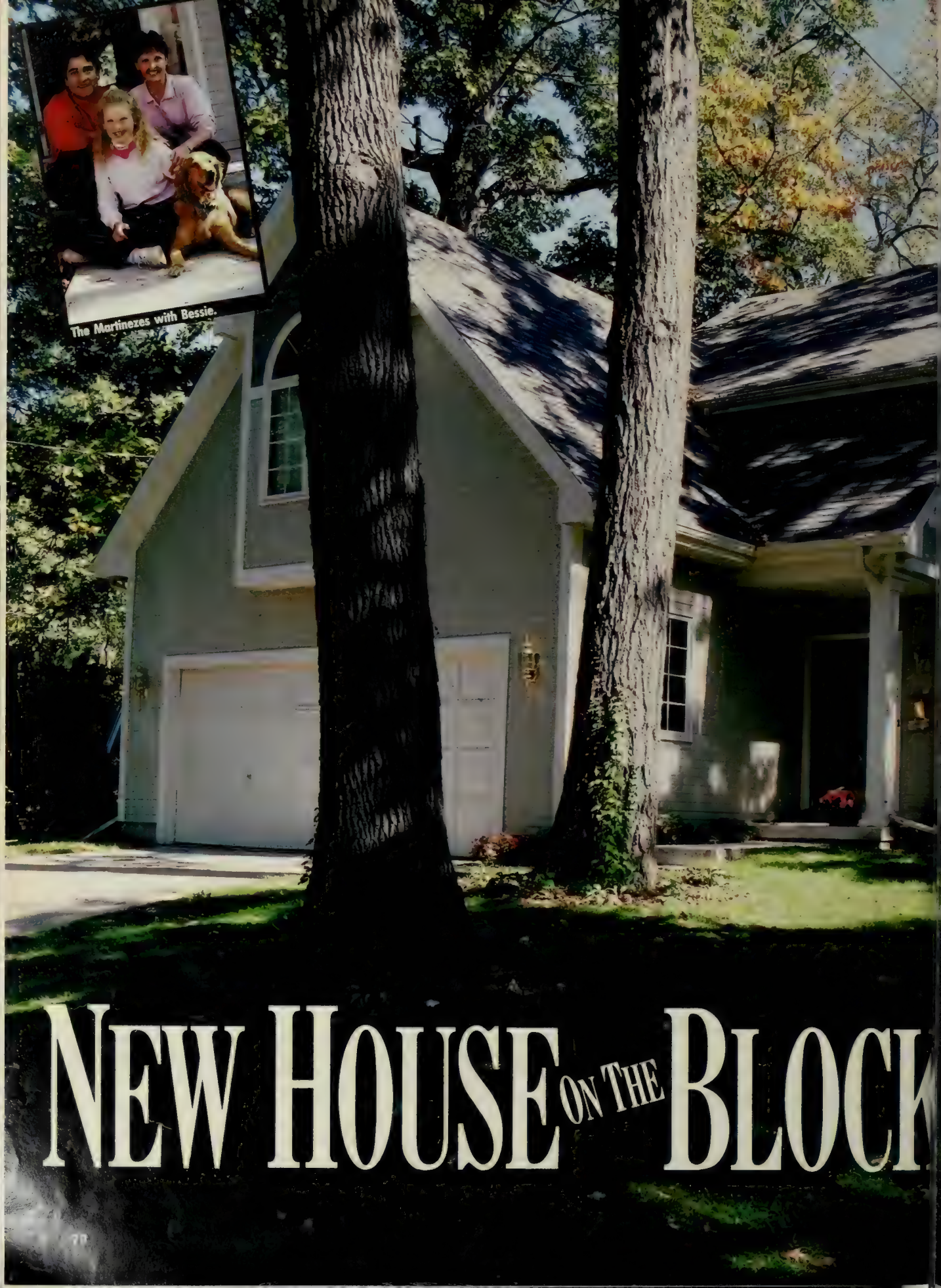
City_____ State_____ Zip_____

*The color Pink is a trademark of Owens-Corning Fiberglas Corp.

**Savings may vary. Higher R-values mean greater insulating power. Find out why in the seller's fact sheet on R-values.

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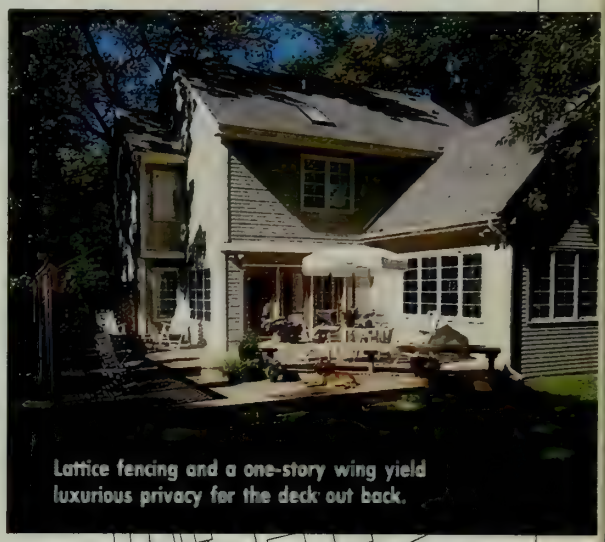
OWENS/CORNING FIBERGLAS



NEW HOUSE ON THE BLOCK

Grandma's four-poster will look right at home. So will your VCR. Old and new can merge comfortably when you build your dream home on a vintage street.

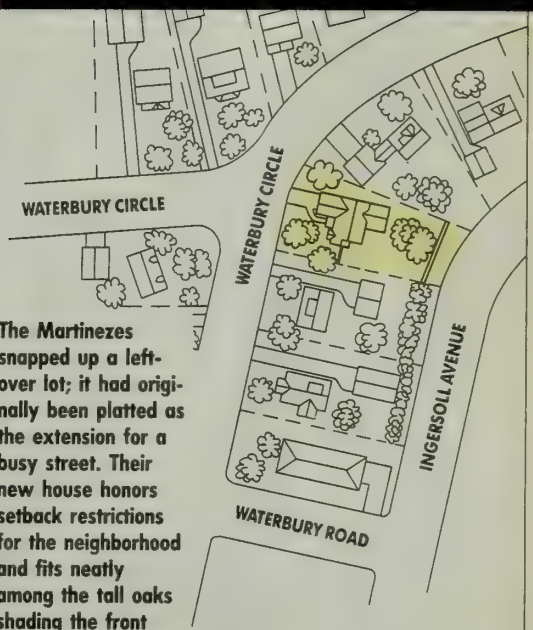
BY WILLIAM L. NOLAN AND TOM JACKSON



Lattice fencing and a one-story wing yield luxurious privacy for the deck out back.

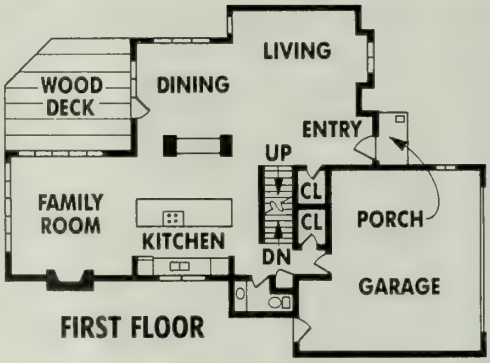


The Martinezes' new house borrows period trappings from older homes in its 1920s-era Des Moines neighborhood: deep eaves, a steep roof, gabled dormers.



The Martinezes snapped up a left-over lot; it had originally been platted as the extension for a busy street. Their new house honors setback restrictions for the neighborhood and fits neatly among the tall oaks shading the front and back yards.





▲ Ann's plan banishes the boxed-in feeling typical of older homes. The main spaces flow around a pair of columns carrying the second floor.



French doors put ▶ the dining room, family room, and kitchen just a step away from the deck and garden.

To order Plan No. 19356, see page 165.

YESTERYEAR'S SETTING, TODAY'S PERKS

A little luck helped Des Moines remodelers Ann and Rick Martinez snag the perfect site for their new home: a leftover lot originally pegged for extension of a thoroughfare. Sensitive planning mated the new house with its setting. Ann studied the rooflines, detailing, and exterior colors of nearby homes, and shaped the plan to honor setbacks and preserve the site's glorious old oaks.

"I do a lot of design work at home, and the windows and French doors in the dining room lend great natural light."

—ANN PATTERSON MARTINEZ

Building from scratch meant the Martinezes could add amenities that older homes usually lack, such as an efficient kitchen layout and open-plan living areas. Minimal partitions let the main-floor rooms flow together around a central hall. The only visual boundary is a built-in buffet flanked by oblong columns. Jogs in the exterior wall help define living, dining, and family spaces, and a super-size island buffers the kitchen from the central traffic corridor. High ceilings give the roominess an added boost; big windows let the light spill in.





Busy schedules take a back seat to sunny comfort in the family room. The TV fits flush in one end of the kitchen island; work space on top offers a landing pad for snacks.



Wintry evenings find the Martinezes toasting their toes near the fire. Check- [illegible] the fireplace's the mantel's fluted [illegible] desk

Early-1900s floor plans isolated the kitchen from family living spaces, an arrangement that's totally out of step with the 1990s. To make the most of precious hours when the family relaxes at home, the Martinezes merged their kitchen and family room, putting hearthside sitting space just a few feet from the work area. This makes it easy for the family to catch up with each other at day's end, even while getting dinner ready.

SOUL-SOOTHING WARMTH

A vintage-style mantel helps the fireplace deliver welcome-home warmth and a nostalgic focal point for the family room. The mantel's proportions and detailing echo turn-of-the-century forerunners; a melon-pink wall and a checkerboard band of ceramic tile add contemporary punch.

ON-TAP KITCHEN CONVENIENCE

Ann chose a galley-style layout for arm's-reach convenience in the kitchen, but added a few extra inches between the cleanup and island work centers so that two cooks could work comfortably without colliding.

A super-size island diverts traffic around the work area. The island has become "action central" for the household: a food prep area, a bake center, an informal eating area, and an impromptu perch for family and guests. It's topped with four different surfaces to handle the various functions: stainless steel on the cooktop; ceramic tile for parking hot pans; butcher-block for cutting, rolling, and slicing; and laminate for dining and serving.



"The island was built with two or more cooks in mind, and for our laid-back style of entertaining. We call it our bowling alley."

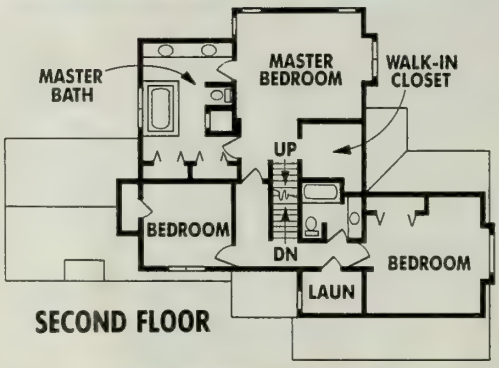
—ANN AND RICK MARTINEZ



▲ Ann outfitted the island for easy-does-it cooking and baking: microwave and conventional ovens, a glide-out trash bin, and a multiple-outlet strip for small appliances.

◀ The cooktop, sink, and refrigerator are just a step or two apart, but work space abounds on the island—enough for a bevy of cook's helpers!





SECOND FLOOR

▲ Two large bedrooms, a family bath, and the master suite share the central hall upstairs. Storage and circulation space helps deaden noise between rooms.



Katie's room has ▶ floor space to spare for daytime play. Her window ledge is home base for favorite toys and games.

Photographs: Perry Struse
Architect: Ann Patterson Martinez. Regional editor: Mary Didio. Illustrations: Mike Henry

"Our clients often complain that they need a bigger bathroom, so we decided to treat ourselves to a large, full-service bath."

—RICK MARTINEZ

PRECIOUS PRIVACY

Grand old homes of the early 1900s had two virtues in short supply today: roominess and privacy. The Martinezes resurrected these benefits in their new home by giving all the rooms generous proportions and by buffering the bedrooms against noise. Vaulted ceilings lend extra stretch in the master suite and Katie's bedroom. Arched windows in each room soar into the gabled exterior wall, framing views of the oaks outside.

The bedrooms cluster pinwheel-fashion around the central hall, each tucked into a separate wing beneath the multigabled roof. Bathrooms and closets work with the central hall to deaden noise between rooms.

ONE-STOP MASTER BATH

Grandma's bath may have been just as big, but today's version is much more lavishly appointed. Rick and Ann outfitted theirs with a whirlpool tub, a separate shower compartment, a double-bowl vanity, and a mirrored closet. There's room at one end for an exercise bike, and the storage wall includes a niche for the TV. BH&G



Floor-length windows give the master bedroom a balconylike intimacy. Smaller windows and a ceiling fan help deliver cooling breezes in warm weather.

15 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

EXPANDING A CRAMPED KITCHEN

Property lines or building codes sometimes keep you from adding on needed living space to your home. Michael and Jane Hesch chose some inside maneuvers to solve this problem. The techniques they used to stretch their one-story bungalow and create a new dining area show options that might work for you, too.



A raised ceiling and stretches of windows bring new life to old space.

WAITING FOR THE DOUGH

For years, Michael and Jane Hesch put up with a dark, sloped-ceiling, eat-in kitchen while their

MENTHOL
Alpine

REFRESH FOR LESS

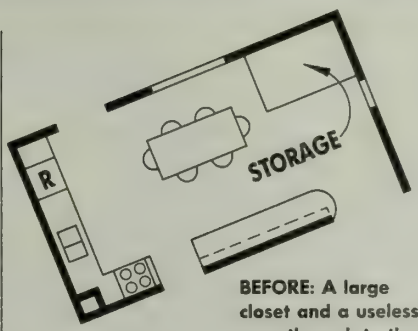
hildren were small and their savings vere too small for the kind of remodel hey wanted.

But once the tots—and their fi-nances—had grown a bit, the Hesches vere ready to improve their home's ramped quarters and add a real dining rea. Because property boundaries pre-luded any plans for building out, the Hesches had to revamp existing space.

AN UPLIFTING SOLUTION

Spying a potential dining area in heir L-shape kitchen space, the Hesches knocked out a large storage loset. Then they pushed up the sloping eiling over that space 2½ feet and wid-ned the passageway to the living oom. A stretch of small-pane windows n two walls ushers in a payload of ight, which spills into the adjacent liv-ng room and kitchen.

In the kitchen, the Hesches parked a ew cooking peninsula to face the din-ng area and to border the two spaces. The peninsula meets several needs. Its stepped-up counter serves as a buffet, snack bar, and homework perch. It also hides kitchen messes from guests. "I love to dine and sit at the table for hours without the intrusion of dirty dishes calling," says Jane.



BEFORE: A large closet and a useless pass-through to the living room made for awkward kitchen space.



AFTER: The Hesches annexed the closet space and raised the ceiling to get a new dining area.

APPLIANCE SHUFFLE

Mike and Jane also closed up an interior door and rearranged the appliances and cabinets. A new beverage bar, tucked next to the refrigerator, caters to the kitchen or dining room crowd. "I like the space for tea and coffee because you don't have to enter the kitchen," says Jane.

"There's a ritual about a beverage break in the middle of the day or late afternoon when a friend drops by, or after-dinner gatherings when there's a clear space ready for offering dessert and drinks."

Photographs: Alan Abramowitz
Design: Michael and Jane Hesch
Illustrations: Mike Henry
Regional editor: Trish Maharam

You don't play house when you haven't got a home



There are one year olds who don't smile... two year olds who don't walk yet... three year olds who don't talk at all... and five year olds who never learned to play house. They can be found among the 750,000 children whose families are homeless.

With your help, we can begin to do something about it. Better Homes and Gardens® is sponsoring a foundation to help families without homes put their lives together so they can put a roof over their heads.

THE BETTER HOMES FOUNDATION™ *
Will help homeless families in 20-25 cities with a pilot program that can be adapted to other cities.

Will develop transitional housing where families can stay long enough to get back on their own.

Will help to arrange day care, provide medical and dental help, counseling, job training, parenting workshops, tutoring, transportation, nutritional education.

Will help families look for permanent housing and job

Your tax deductible donation will be used to help homeless parents and their children overcome their difficulties and reenter mainstream American life as functional families.
**The foundation is an independent, tax-exempt organization.*

YES, I want to help families overcome the crushing burden of homelessness.

Enclosed is my gift to *The Better Homes Foundation* for: ☐ $15 ☐ $25 ☐ $50 ☐ $75 ☐ $100 ☐ $_____ Other

NAME

ADDRESS APT #

CITY

STATE ZIP

Please check the appropriate box: ☐ Enclosed is my check

Please charge my donation to: ☐ Visa ☐ MasterCard

Credit Card Number_____

Expiration Date (month/year)_____

Please make your checks payable to *The Better Homes Foundation* and mail it to:

The Better Homes Foundation
P.O. BOX 10879
DES MOINES, IA
50336-0879

NOVAD

The Better Homes™ FOUNDATION
HELP FOR HOMELESS FAMILIES

TIPS, TOOLS, AND TECHNIQUES

This is your column. It contains ne best workshop shortcuts and ome maintenance tips that do-it-ourselfers like you have scovered. See the box below for etails on how to share your tips.

ONE HANDY TULLE

When using trisodium phosphate (TSP) in water to clean walls with ied-on wallpaper adhesives or floors ith wax buildup, wet the area with a onge or half of an old towel. Let set r a few minutes, then scrub with a nall piece of tulle or an old onion bag. ne netting loosens the adhesive or ax and cuts your work time in half.

Mrs. Dorothy Scull, Wickliffe, Ohio

GO SOAK YOUR HEAD

emove lime deposits from your shower head with vinegar. Fill a astic bag with enough vinegar to cov- the shower head when the bag is pped over it. Tie on the vinegar-filled g and leave it overnight.

Faye Smith, Bella Vista, Ark.

SINK POLISHER

eep your new or old stainless steel sink shiny and bright with liquid tomatic dishwashing detergent. Ap- y straight from the bottle, rub in with scouring pad, and rinse.

Paulette Nipper, Virginia Beach, Va.

SEND US YOUR TIP

Mail your tip to Better Homes and Gardens, 1716 Locust St., Des Moines, A 50336. We can't acknowledge or eturn letters. But if we buy your tip, ve'll send you $25. We reserve the ight to edit tips we buy and to use hem in any way for as long as we vish. We don't accept previously pub- shed ideas.

PIECE OF CAKE.





With Resolve™ Carpet Cleaner, even a toughie like grape juice is a piece of cake. Ditto for ketchup, cola, crayons or rust. And Resolve protects your carpet against future oily stains with DuPont TEFLON® soil and stain repellent.

So now you can have your cake—and clean it, too.

Take away the worry, take away the stain. Take out Resolve.





Master Artisan Ling Xue-bing's "Lady White"

Actual diameter: 8½ inches

©1989 Imperial Jingdezhen Porcelain®

A legend from China's wondrous West Lake . . . a Bradford Exchange recommendation



West Lake. It is a place of such extraordinary beauty that only legend could account for it. One such legend tells of the immortal Lady White who falls in love with a mortal man, a love story now preserved in fine porcelain. It's available now—and it looks like a smart buy. Here's why Bradford recommends it:

"Lady White" is an important first issue —the first in the *Legends of West Lake* series, hallmarked by Imperial Ching-te Chen Porcelain.

It's an important work of art inspired by Master Jiang Xue-bing's exquisite interpretation of one of China's most beloved legends. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Lady White" is limited to a maximum of 175 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the Gone With the Wind series, a plate that now trades at $280.00*—more than 1,000% of its $21.50 issue price. More recently, if you had acquired "Pao-chai," the first porcelain collector's plate from China, you would now own a plate valued at more than three times its 1986 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever-changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Lady White" as one of the year's top prospects . . . and we'll back up your purchase with our 365-day money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage, without the necessity of a resale transaction.

To acquire "Lady White" at its $29.92 issue price—backed by our 365-day guarantee—simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Lady White" is now—*before* it has a chance to increase in value.

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*As reported in the Bradford Exchange *Current Quotations*®, Vol. 17, No. 3.

WLG-349

A BRADFORD EXCHANGE RECOMMENDATION APPROVED

Please respond by: April 30, 1990

"Lady White"

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

lease enter my order for "Lady White." I understand need send no money now. I will be billed $29.92, plus 3.19 postage and handling, when my plate is shipped. imit: one plate per customer.)

Signature

Mr. Mrs. Ms. (Circle One) Name (Please Print)

( ) Telephone

Address

City State Zip

3921-E81258

MASTERING AN ATTIC BATH

Tuck It All Under the Eaves

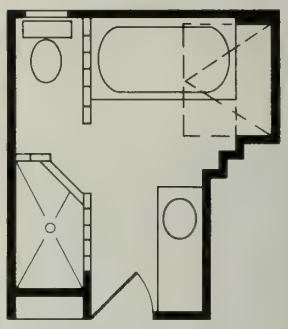
BY SUSAN SOUDER



Blue grout and white tile pack a bright punch in this airy little bath. A stepped tub platform sets up a handy pedicure perch.



An angled entry and glass blocks perk up the shower stall.



The architect even managed to squeeze a laundry chute onto the back of the shower stall.

Who could feel claustrophobic in this airy little 105-sq.-ft. bath? Check out all the perks the homeowners managed to squeeze into unfinished attic space. With careful planning around rafters, you could do the same.

Sometimes getting what you want means getting creative, as architect Thomas Granger did for this attic-to-bath conversion. He not only worked with a sloped ceiling but also around it. Although small in space, his floor plan covers the owners' wish list of a jetted tub with roof window, separate shower, vanity, and private commode.



A glass-block wall passes roof window light into the private commode.

To get the "tub with a view" that the owners requested, Granger parked the whirlpool tub in the northwest corner and used the sloping roof to pop in a roof window and a made-to-order, one-bowl vanity. Custom-carved contours in the sloped ceiling accommodate supplementary lighting for the vanity and a place for its specially shaped mirror.

Granger chose glass-block partial walls to shield the toilet from the tub and shower. The blocks also feed in light from the roof window and a small window behind the toilet.

The lean-and-clean shower stays bright with its angled, doorless entry. White tile and glass blocks pass the daylight around the space.

Photographs: Mike Jensen
Architect: Thomas E. Granger. Regional editor: Trish Maharam


HOW A SIMPLE MATCH CAN MAKE A ROOM.
WHEN YOU CARE ABOUT HOW YOUR BATHROOM LOOKS AND FEELS, THERE'S NO DETAIL TOO SMALL TO ESCAPE YOUR EYE. EXACTLY WHY CHARMIN® PRESENTS LIVING COLORS. BECAUSE HERE, EVERY SMALL ACCESSORY PLAYS A MAJOR PART. FROM CHARMIN'S VERY MODERN SUNBURST PEACH TO THE TERRA-COTTA TILES TO THE SOUTHWEST INSPIRED TOWELS. SIMPLE THINGS—ARTFULLY APPOINTED. ALWAYS APPRECIATED. YOU MAKE YOUR STATEMENT WE MAKE IT MATCH.
Charmin
Living Colors
©PG 1989



FURNITURE NURTURE

CARING FOR FINE WOOD

Fine wood furnishings need more than dusting and polishing—they need a healthful environment. To avoid unnecessary weathering, aging or damage, place your precious pieces away from excessive exposure to these natural furniture foes:

- **Humidity.** Wood easily absorbs moisture, then dries out just as readily. A friendly atmosphere in the 30 to 40 percent relative humidity range will reduce drying and warping, splitting, or loosening of joints.
- **Heat.** Furniture experts say 68 to 70 degrees is the ideal indoor temperature for wood pieces. Keep the temperature consistent, and you'll help your pieces avoid wood stress.
- **Sunlight.** Keeping wood furniture away from direct sunlight protects against the ultraviolet-light fading that the sun's rays cause. It also reduces the exposure to the rapid heat changes produced by the sun.
- **Liquid.** To avoid finish damage, wipe up liquids immediately after a spill. The worst offenders? Solvent-based fluids, such as alcohol, paint thinner, and nail polish remover. Also, be careful of dripping candles.

WHEN YOU LEAVE HOME

Give your special furnishings a vacation when you take one. Leaving home for a season or a couple of months? Put your favorite pieces under wraps. Otherwise, dust will build up, blow about, and contribute to scratching and dulling finishes the next time you polish.

FOR YOUR INFORMATION

For answers to problems, such as how to remove white rings, spots, candle wax, and scratches from wood furnishings, order the free booklet, "A Common Sense Guide To Furniture Care." Call 800/632-1684 or write to Furniture Care Guide, Drackett Consumer Information Center, 5020 Spring Grove Ave., Cincinnati, OH 45232-1988.



We started preparing a good, healthy breakfast 75 years before you even got up.

At Roman Meal, we've always known how to make a good breakfast.

Because when you believe in good, sound nutrition as much as we do, you know that even though your body is up, it's not going anywhere without the right fuel.



That's why our delicious hot cereals and breads are loaded with complex carbohydrates. They're what you need for long-lasting energy. Complex carbohydrates get you going in the morning and keep you going all day long.

That's just for starters.

Seventy-five years ago, we knew that your body needed roughage for a healthy digestive system. Today it's called insoluble fiber. And you'll still find a good, healthy amount of it in the whole grains and bran we use in Roman Meal cereals.

Natural whole grain goodness.® It's in every cereal we make. From our hearty Original and healthful Oat Bran to our delicious blend of Oats, Wheat, Dates, Raisins and Almonds.

Like Roman Meal breads, our hot delicious cereals are very low in sodium and cholesterol- free.

At Roman Meal, we still mill and blend our grains ourselves. Which may be why our cereals and breads just seem to taste better.

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OUR ENVIRONMENT

ROUTING RADON

YOU MAY HAVE A PROBLEM, YOU MAY NOT, BUT YOU CAN'T TELL UNLESS YOU TEST

The bad news is that radon is everywhere. The good news is that you can test for and control it. But you need to know how radon moves before you test. Here's the scoop.

NATURE'S OWN POLLUTION

Radon is a naturally occurring radioactive gas that enters homes through cracks in the basement, from unsealed crawl spaces, sump pumps, and other plumbing penetrations. You can't smell it or see it, but once inside, radon can build up to unhealthful levels. Over time, radon can increase the risk of getting lung cancer. The Environmental Protection Agency says that radon may cause up to 20,000 cases of lung cancer every year.

Fortunately, houses can be sealed to reduce radon levels, and test kits for radon are now widely available. But radon levels rise and fall like a roller coaster from one day to the next. Knowing how these fluctuations occur will help you get more accurate results when you test.

HOW RADON ENTERS

The rate at which radon enters a home depends on the amount of radon in the soil, the number of cracks and openings between your home and the soil, and the ventilation of your home. Understanding the ventilation process is the key to getting accurate results.

Fresh air dilutes radon. When your home is closed up for winter heating or summer air-conditioning, radon starts to build up. If you test when the house is open to mild weather, you will g lower readings, and you may be mas ing a potential health hazard.

People also affect ventilation. The open doors and windows, run cloth dryers, furnaces, and exhaust fan Without daily activity, unoccupie homes trap and build up much high levels of radon than lived-in homes. you test an empty home, you may scaring yourself unnecessarily with i flated readings.

RESULTS YOU CAN LIVE WITH

To get the most accurate radon te results, follow these simple rules:

- **Test during winter,** unless you li in a hot climate and use air-conditio ing frequently.
- **Test while the house is occupie** A weekend out won't throw off yo results, but if you're gone for a mon while you're testing, you will get an a normally high reading.
- **Place your test canister** in the lo est area of the house: a basement if y have one, the first floor if not. Rad molecules tend to latch onto dust a settle in the lower areas of a house.

TEST KIT CHOICES

There are two types of test kits y can buy. The charcoal-based detecto can give you quick results in three seven days and cost $10–$25. Alp track detectors require about thr months and cost $20–$50, but give y more accurate results.

According to the EPA, if your te results show radon readings below 4 cocuries per litre of air (4pCi/l), y don't have anything to worry abo Readings between 4 and 20pCi/l quire some action within a few yea Above 20pCi/l, the EPA recommen action within a few months.

WATCH OUT FOR CON ARTISTS

In recent years, increased pub awareness of the radon problem h produced a new breed of fly-by-nig radon experts. But you can do the te ing yourself, and only in severe cas will you need a specialized contract to rid your home of radon.

Before you talk to any contracto contact your state or regional EPA fice for information on ways to s your home against radon. In m cases, you can seal entry points a vent radon gas away from your int ors without spending a lot of money.

HIDE-AND-SEEK TV CABINET

SLEIGHT-OF-HAND SOLUTION

Stumped about what to do with the one-eyed family-room monster, this homeowner employed a century-old tradition—the fake bookfront.

One hundred years ago our straitlaced Victorian ancestors created clever ways to hide the booze. Today, the trick is trying to hide the television.



Closed, the television cabinet appears to be a distinguished shelf full of scholarly books.

LITERARY FACADE

The things hidden may have changed, but, as these homeowners found, the techniques remain the same. Case in point is this false bookfront. What you see when it's closed is no more than a handsome, well-stocked bookcase. But give the shelf a gentle tug and it pops open to reveal a television hidden inside a cabinet. Here's how it works.



Opened, the cabinet reveals a rolling television that swivels to face any direction in the room.

YARD SALE ILLUSIONS

The shelves are really cabinet doors and only an inch deep. Old books and encyclopedias were collected from used-book outlets and yard sales, and a carpenter simply cut off the spines and glued them to the cabinet doors. Shallow bookends and careful placement of art objects complete the illusion of depth.

The bottom "shelf" is actually a large rolling cabinet unit on casters. The television sits on top of this and rolls out of the enclosure on a track. Once out, the television can be swiveled for viewing from anywhere in the room. To make it disappear, you simply roll it back inside the bookfront.

This fake bookfront was built to match the traditional English style of the home. The books, encyclopedias, and law journals likewise fit the look. For more modern interiors, choose a simpler cabinet style and more varied and colorful books, or faux-painted books.

Photographs: Gene Johnson. Regional editor: Nancy Ingram



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Create a charming country look in any room with an Armstrong Wood Grain Plank ceiling. Its rich wood grain and random width planks bring old-time warmth even to a room that's brand new. And, like most Armstrong ceilings, it's washable, fire-retardant and easy to install.

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Let Dr. Seuss bring the A,B,C's to life

From Aunt Annie to a Zizzer-Zazzer-Zuzz — Dr. Seuss has a fun loving character (the kind kids remember) for every letter of the alphabet.



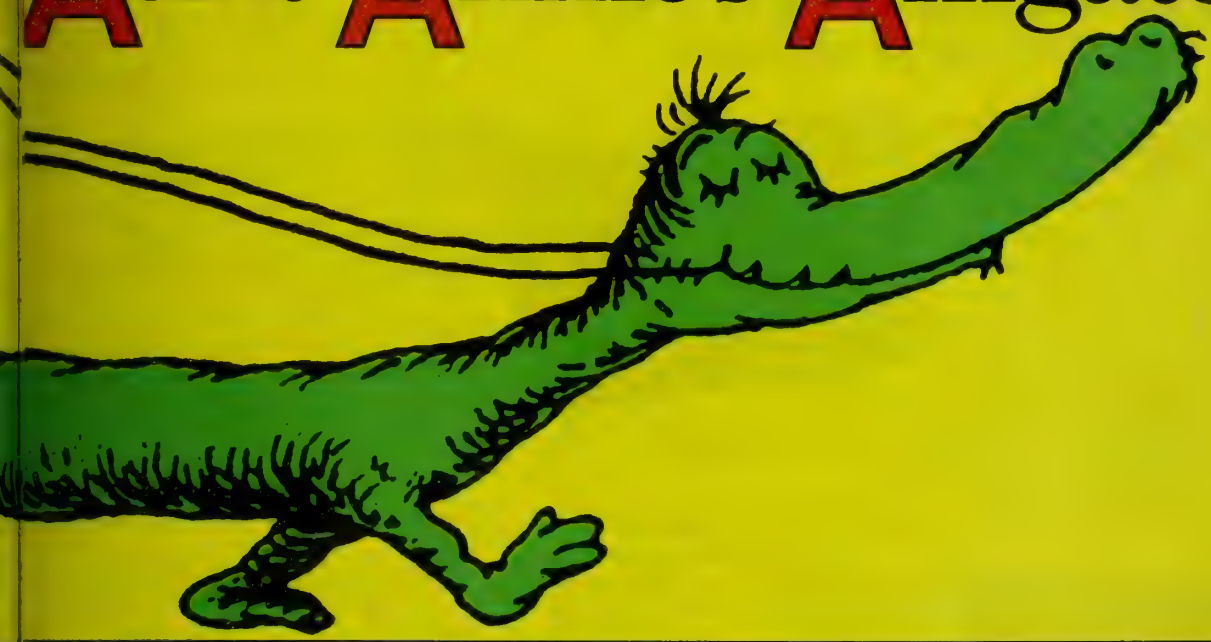
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The comparable retail value of thes books is $55.60. But you pay only $3.99 plus shipping and handling. Plu your child will receive a free bookrack worth $3.50. As a member, every four weeks you'll receive two more books. Examine them for 10 days and keep only the ones you want. You may cancel at any tim after buying as few as four shipments. Fill ou the handy coupon and mail it today. And let Dr. Seuss's funny characters help make your child serious about reading.

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A isn't just for Apple anymore, it's for Aunt Annie's Alligator.



Take 8 great books for only $3.99* plus a FREE bookrack!



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*Plus shipping and handling. Sales tax in NY and CT.

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I am enclosing no money. Please accept my child's enrollment and send the eight books shown plus The Cat In The Hat Bookrack (a $3.50 value) as a free gift. The comparable retail value of the books alone is $55.60, but you will bill me only $3.99*. I may examine the books for 10 days, and if not completely delighted, return them at your expense and owe nothing. The free bookrack is mine to keep. If I keep the eight books, my child will receive two new Beginner Books every four weeks on 10-day approval for the member's low price of only $4.49* each. I understand I may cancel anytime (by following the instructions on the invoice), after accepting as few as four two-book shipments. Each shipment is mine on a 10-day approval and I may return any book in the program at your expense.

Child's full name (Please print) Birthdate: Mo. / Day / Year

Address

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Parent's Signature ( ) Area Code Phone #

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Offer may be slightly different in Canada. Shipment and services from Canada.
*Plus shipping and handling.
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Dr. Seuss & His Friends



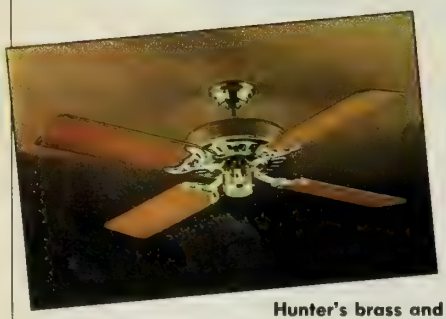
Six-bladed finesse from Homestead's Wind fans.

FAN FASHIONS

NEW STYLES FOR AN OLD CLASSIC

Take a new look at an old-fashioned, low-tech favorite: the ceiling fan. Today's models come in a variety of updated styles, and bring money-saving comfort into your home.

If you're considering some budget-conscious climate control, but haven't found a fan to suit your style, check out these new fashions. You can find fans in wood tones, bold colors, or pastels and in styles ranging from antique to contemporary. Best of all, ceiling fans use precious little electricity and don't pollute the atmosphere with ozone-damaging chlorofluorocarbons.



Hunter's brass and wood fan goes great with traditional home styles.

BODY HEAT

In summer, a gentle breeze is often all it takes to bring you into the comfort zone. Ceiling fans provide that breeze for a fraction of the cost of running an air conditioner. Sleeping under a ceiling fan keeps you cool without drowning out the chirping of the crickets.

Most fans feature multiple speeds. As temperatures rise, you can increase the speed of the blades for a stronger downward air current. Many fans also feature reversible blade directions. Flip a switch and you can help circulate cooler air from low spots in the house.



Try a modern look with this Ron Rezek fan from Beverly Hills Fan Company.

WHEN YOU'RE GETTING COLD

Ceiling fans can help you save on energy costs in winter, too, pushing warm air trapped at the ceiling down into the room. As a result, your furnace runs less often and you can lower your thermostat setting as much as 10 degrees.

BIGGER BREEZES

When Singer Sewing Machine employee Philipp Diehl invented the electric ceiling fan in 1881, his version featured only two blades. Today's fans move air much more effectively with aerodynamically designed four-, five-, and six-blade models.

CHOOSING A MODEL FOR YOU

Depending on room size, you can choose a 29-, 38-, 44-, or 52-inch-diameter fan. Rule of thumb: A 38-inch fan will adequately cool a 12×12-foot room. Choose a larger fan if the proportions look better to you.

Ceiling fans start at around $50, sometimes less. But top-quality fans generally range from $150 to $500 and up, depending on styles and such options as multiple speed settings and computerized wall controls.

MINITRAN® (nitroglycerin) Transdermal Delivery System

REVIS
DOSA
INFORM

BRIEF SUMMARY

INDICATIONS AND USAGE

This drug product has been conditionally approved by the FDA for the prevention
pectoris due to coronary artery disease. Tolerance to the anti-anginal effects of nitrat
sured by exercise stress testing) has been shown to be a major factor limiting effica
transdermal nitrates are used continuously for longer than 12 hours each day. The dev
of tolerance can be altered (prevented or attenuated) by use of a noncontinuous (inte
dosing schedule with a nitrate-free interval of 10-12 hours.

Controlled clinical trial data suggest that the intermittent use of nitrates is associa
decreased exercise tolerance, in comparison to placebo, during the last part of the ni
interval, the clinical relevance of this observation is unknown, but the possibility of i
frequency or severity of angina during the nitrate-free interval should be considered
investigations of the tolerance phenomenon and best regimen are ongoing. A final eval
the effectiveness of the product will be announced by the FDA.

CONTRAINDICATIONS

Allergic reactions to organic nitrates are extremely rare, but they do occur. Nitroglycerin is
cated in patients who are allergic to it. Allergy to the adhesives used in nitroglycerin patch
been reported, and it similarly constitutes a contraindication to the use of this product.

WARNINGS

The benefits of transdermal nitroglycerin in patients with acute myocardial infarction or conc
failure have not been established. If one elects to use nitroglycerin in these conditions, careft
hemodynamic monitoring must be used to avoid the hazards of hypotension and tachycardia

A cardioverter/defibrillator should not be discharged through a paddle electrode that
MINITRAN patch. The arcing that may be seen in this situation is harmless in itself, bu
associated with local current concentration that can cause damage to the paddles and t
patient.

PRECAUTIONS

General: Severe hypotension, particularly with upright posture, may occur with even sm
nitroglycerin. This drug should therefore be used with caution in patients who may be volur
or who, for whatever reason, are already hypotensive. Hypotension induced by nitroglyce
accompanied by paradoxical bradycardia and increased angina pectoris.

Nitrate therapy may aggravate the angina caused by hypertrophic cardiomyopathy.

As tolerance to other forms of nitroglycerin develops, the effect of sublingual nitroglycerin
tolerance, although still observable, is somewhat blunted.

In industrial workers who have had long-term exposure to unknown (presumably high
organic nitrates, tolerance clearly occurs. Chest pain, acute myocardial infarction, and ev
death have occurred during temporary withdrawal of nitrates from these workers, demon
existence of true physical dependence.

Some clinical trials in angina patients have provided nitroglycerin for about 12 continuou
every 24-hour day. During the nitrate-free intervals in some of these trials, anginal attacks
more easily provoked than before treatment, and patients have demonstrated hemodynam
and decreased exercise tolerance. The importance of these observations to the routine, clin
transdermal nitroglycerin is not known.

Information for Patients: Daily headaches sometimes accompany treatment with nitro
patients who get these headaches, the headaches are a marker of the activity of the dru
should resist the temptation to avoid headaches by altering the schedule of their trea
nitroglycerin, since loss of headache is likely to be associated with simultaneous loss of a
efficacy.

Treatment with nitroglycerin may be associated with lightheadedness on standing, especial
rising from a recumbent or seated position. This effect may be more frequent in patients wh
consumed alcohol.

After normal use, there is enough residual nitroglycerin in discarded patches that they are
hazard to children and pets.

A patient leaflet is supplied with the systems.

Drug Interactions: The vasodilating effects of nitroglycerin may be additive with tho
vasodilators. Alcohol, in particular, has been found to exhibit additive effects of this variet

Marked symptomatic orthostatic hypotension has been reported when calcium channel bl
organic nitrates were used in combination. Dose adjustments of either class of agen
necessary.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: No long-term anim
have examined the carcinogenic or mutagenic potential of nitroglycerin. Nitroglycerin's r
reproductive capacity is similarly unknown.

Pregnancy Category C: Animal reproduction studies have not been conducted on nitrogl
also not known whether nitroglycerin can cause fetal harm when administered to a pregnan
whether it can affect reproductive capacity. Nitroglycerin should be given to a pregnant wo
clearly needed.

Nursing Mothers: It is not known whether nitroglycerin is excreted in human milk. Bec
drugs are excreted in human milk, caution should be exercised when nitroglycerin is admin
nursing woman.

Pediatric Use: Safety and effectiveness in children have not been established.

ADVERSE REACTIONS

Adverse reactions to nitroglycerin are generally dose-related, and almost all of these reactio
result of nitroglycerin's activity as a vasodilator. Headache, which may be severe, is the most
reported side effect. Headache may be recurrent with each daily dose, especially at hig
Transient episodes of lightheadedness, occasionally related to blood pressure changes,
occur. Hypotension occurs infrequently, but in some patients it may be severe enough
discontinuation of therapy. Syncope, crescendo angina, and rebound hypertension have be
but are uncommon.

Extremely rarely, ordinary doses of organic nitrates have caused methemoglobinemia i
seeming patients.

Application-site irritation may occur but is rarely severe.

In two placebo-controlled trials of intermittent therapy with nitroglycerin patches at 0.2 to
the most frequent adverse reactions among 307 subjects were as follows:

	placebo	patch
headache	18%	63%
lightheadedness	4%	6%
hypotension and/or syncope	0%	4%
increased angina	2%	2%

CAUTION

Federal law prohibits dispensing without prescription.

NTR-3 BS AUGU

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Northridge, CA 91324

3

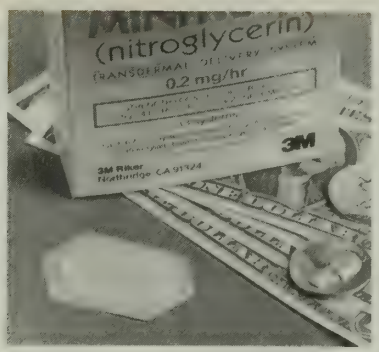
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"I want one that's less noticeable."



"Give me a patch that doesn't fall off."



"I want one that costs less."

EVERYTHING YOU ASKED FOR IN A PATCH...FOR LESS.

Patients complained so often about nitroglycerin patches that we decided to make our own—Minitran, a product of 3M Riker medical adhesive technology.

It's the smallest transdermal nitroglycerin patch ever made. It's thin, flexible, clear and hardly noticeable. It stays on until you take it off, even in the shower or when swimming. And here's more good news—Minitran should cost less than the brands you've been using.*

People preferred Minitran more than 2 to 1 over Transderm-Nitro® and Nitro-Dur® in a national survey of nitroglycerin patch wearers.†

Want to know if Minitran is right for you? Ask your doctor.

Want more information about Minitran? Ask your pharmacist.



Actual size.

MINITRAN®
(nitroglycerin)
TRANSDERMAL DELIVERY SYSTEM
0.1 MG/HR, 0.2 MG/HR, 0.4 MG/HR, 0.6 MG/HR

Preferred more than 2 to 1 over Transderm-Nitro and Nitro-Dur.

All transdermal nitroglycerin products are being marketed pending final evaluation of effectiveness by the FDA

Minitran release rates of 0.1, 0.2, 0.4 and 0.6 mg/hr were formerly described as 2.5, 5, 10 and 15 mg/24 hr, respectively

*The current published average wholesale price for Minitran is less expensive than Transderm-Nitro and Nitro-Dur (Source: *Prescription Pricing Guide*, Oct. 1989, Medi-Span®.) Retail pricing may vary from community to community and may affect cost savings to the patient. Transderm-Nitro is a registered trademark of CIBA Pharmaceutical Company; Nitro-Dur, of Key Pharmaceuticals, Inc.

†*Clinical Therapeutics*, Vol. 11, No. 1, 1989, pp. 15-31.

Please see adjacent page for summary of prescribing information.

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WE GROW NEW IDEAS

Del Monte Quality



Available in selected areas. ©1989 Del Monte Corporation

BY MARGARET DALY AND JOY TAYLOR

Suzan Schatz and husband Tony Nekut designed this kitchen specifically for her business and did much of the work themselves. The room meets all required commercial codes, but can be adapted easily to living space for future buyers.

Suzan's recipes begin on page 111.

WORKING AT HOME
AND MAKING IT WORK



The platform connecting the Soigné Sweets work area with the main house is a prime gathering spot for the family. The children also can play there in full view while Suzan is working.

"I got wild about cooking when I was traveling a lot several years ago," says Suzan Schatz. She now runs a thriving dessert-catering business, Soigné Sweets, out of her home in Tulsa, Oklahoma, where she lives with her husband, Tony Nekut, and children Molly, 4, and Graham, 1.

A Connecticut native, Suzan worked in restaurants while in college and earning an Evaluation Research doctorate at Cornell. Then a stint at The Culinary Institute, in Hyde Park, New York, convinced her that food should be her vocation. "But I

continued on page 109

Coffee break. Italian style.





The coffee break in Italy. Rich, meaningful, rewarding. Discover what a coffee break is meant to be with rich, continental style Medaglia d'Oro Espresso. Besides brewing authentic Italian espresso, Medaglia d'Oro is the perfect ingredient for making good things happen, like...

CLASSIC CAPPUCCINO: Heat milk to just below boiling. To foam milk, use the steam attachment on your espresso maker or briefly mix it in a blender. Add equal amounts of hot espresso and hot milk to a coffee cup. Sprinkle with shaved bittersweet chocolate and cinnamon.

Don't just make coffee. Make good things happen.

For other delicious ways to enjoy Medaglia d'Oro send 50¢ for postage and handling to: Medaglia d'Oro Recipes, P.O. Box 10220, Newport Beach, CA 92658-10220
Allow 6 weeks for delivery. Limit 1 per household.

MEDAGLIA D'ORO®
ESPRESSO
Authentic Italian Coffees since 1924.

Available in ground roast, whole bean and decaffeinated.

continued from page 107

didn't want to be in the restaurant business," she says. "I wanted to create something on my own at home."

HOW SHE STARTED

Suzan and Tony, a geophysicist, moved to Tulsa in 1982 because they felt it was an area where they each could pursue their chosen careers comfortably. At first, Suzan worked at various jobs, including one as a pastry chef at a country club. "That helped me get to know the area and potential clientele," she says. Then she tried a full-meal catering business out of her home. "It got tough," she says, "especially after the kids were born. I often had to be gone weekend nights, and shopping could take all day."



Suzan shops for the best ingredients at several stores. Retail often is better than wholesale, because you can handpick for quality. "People often stare when I fill my cart with 70 pounds of butter!"

One day, she created a wedding cake for a client, "and everything followed." Soigné Sweets was born, a catering business that would specialize in wedding cakes and desserts.

BUILDING THE KITCHEN TO BUILD THE BUSINESS

It actually took Suzan and Tony more than two years to get her business fully up and running. First, they needed an addition to the house to accommodate a full commercial kitchen. (Most states require separate kitchens for such enterprises.) But they didn't want to invest in that until they were sure Suzan would be allowed to run such a business at home. That meant she had to obtain a zoning variance for business in a residential neighborhood.

"Without having the variance, we might have had to shut down if there were complaints," says Suzan. "So, I went door-to-door to about 75 homes prior to the zoning board hearing, introduced myself to the neighbors, and took a basketful of goodies to show what I did. I even got 50 signatures approving my plans." The variance to the zoning sailed through.



Showing pictures of her creations helps business. "I carry two sets of pictures," Suzan laughs, "one of my kids, and one of my wedding cakes."

Suzan's recipes begin on page 111

A small inheritance and a second mortgage helped with the addition. It also took a lot of do-it-yourself work. "A contractor put up the framing and

continued on page 110

FOOD-BUSINESS HINTS FROM SUZAN SHATZ

● **Share plans with your neighbors,** and take them samples of your products. "You have to reassure them that there won't be disruptions in the neighborhood," Suzan says. "I let them know we wouldn't have delivery trucks coming, for example."

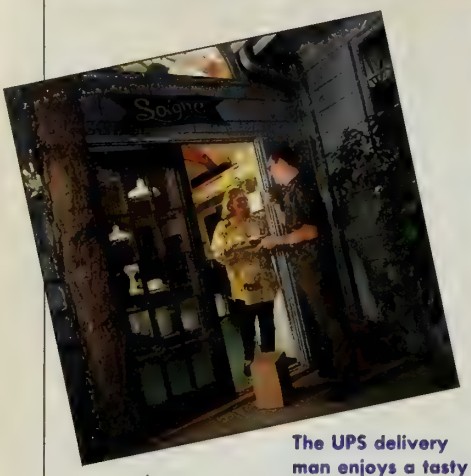
● **Make sure that the zoning is cleared** for your kind of home business before you invest in it.

● **Always buy good, industrial-size equipment,** even though it costs more. "Used equipment can be fine," says Suzan. "What's important is sufficient capacity for growth."

● **Be sure to obtain the right licensing.** Whether you want to sell to shops and restaurants or individuals, "You have to pass strict health codes," she warns. She studied the code requirements carefully to be sure the kitchen was built to the right qualifications.

● **Shop for ingredients.** Prices vary, so it pays to look in several stores. Also, sometimes retail is cheaper, even for large purchases. "You can handpick with retail," says Suzan. "With wholesale, you take what you get, and you may waste a lot."

● **Word of mouth counts most.** Give out samples everywhere. Carry pictures of your creations with you. "I haven't had to spend a penny yet on advertising," says Suzan. By January, her order book for wedding cakes was filled through August.



The UPS delivery man enjoys a tasty bit of cake. Suzan gives out lots of free samples to neighbors and others. "I want to keep everybody happy," she says.

continued from page 109

rough stuff," says Suzan. "Tony put in the windows. I did the insulation and painting. We shingled the outside and built a deck where the kids play and I can see them while I'm working."

The couple designed the addition to be flexible for potential future buyers who might turn it into living space. There are high-peaked ceilings, skylights, and French doors. "The walk-in refrigerator could become a closet," says Suzan, "and the half bath could be expanded into a full bath."

PASSING THE CODE

As they were building the kitchen, Suzan wanted to be sure she would qualify for the proper licensing. "I planned to sell to restaurants and gourmet groceries as well as individuals," she says. "We definitely needed Health Department approval."

Suzan found out about all the requirements for licensing and made sure the kitchen would pass inspection—by installing the right drainage and ventilation, for example.

It wasn't always easy. "One inspector insisted the cathedral roof couldn't be adequately cleaned," she says. "I got a special telescope-handled cleaner, took it to the Health Department, and convinced the inspector that it would do the job perfectly well."

GETTING CUSTOMERS

"Word of mouth is everything," says Suzan, who prides herself on the quality of her products. She started business by donating some of her products to a charity function. She also took samples to bridal shops, florists, jewelers, caterers, country clubs, and churches.

She continues to give samples to neighbors and visitors, and she takes pictures of almost everything she creates. "I carry two accordion folds in my pocketbook," she says with a laugh. "One is of the kids. The other shows my food creations."

For the first couple of years, Suzan put all profits back into the business, primarily to upgrade equipment. By last year, she was in full operation. "I have more than enough business now to be able to choose when and how much I want to work," she says, "so I can be with my family and still make a hefty profit from the business."

Suzan has just the kind of business she wants. "Specializing in wedding cakes and desserts gives me tremendous flexibility and helps me plan time with the kids," she says. "I can bake with a limited number of ingredients and interchange them. I know how long tasks like preparing ingredients and decorating will take. I can put something in the oven and go over to the house for an hour.

"Best of all, I don't have to go out at night the way I did with the catering business. Clients can come here. I also like the idea of having the kids see what I do for a living."

Suzan's recipes begin on page 111



PHOTOGRAPHS: GENE JOHNSON



Mango Buttercream Cake. Suzan came up with this spectacular dessert when she needed an extra item to fill out a party menu. Since then, she uses the mango buttercream as a filling for wedding cakes.

Simple, yet clever, ideas are Suzan's trademark. Here, store-bought cookies and a galax-leaf-lined base elegantly set off her special mango cake.

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Take it easy with these fabulous foods, made from five (or fewer) ingredients.

Pictured on the cover: Frosty Freeze Pie
Food styling: Mim Hinske, Mary Helen Steindler, Amy Andrews, Becky Roller
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Recipe development: The Kraft Kitchens
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BETTER HOMES AND GARDENS TEST KITCHEN

This seal assures you that every recipe in *Take Five!* has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets high standards of taste appeal.

GARDEN APPETIZER CHEESECAKE

- 1 9-inch PILLSBURY All Ready Pie Crust
- 1 10.5-oz. container SPREADERY Cheese Snack Medium Cheddar Cold Pack Cheese Product
- ¾ cup sour cream
- 2 eggs
- 1 10.5-oz. container SPREADERY Cheese Snack Neufchatel Cheese with Garden Vegetables

Preheat oven to 450°. Prepare crust according to package directions for unfilled one-crust pie using 9-inch flan pan with removable bottom. Trim crust to fit pan. Bake 9 to 11 minutes or until golden brown; cool. Reduce oven to 325°. Mix cheddar cheese snack, ½ cup sour cream and 1 egg; beat until smooth. Pour into cooled crust. Mix neufchatel cheese snack, remaining sour cream and egg; beat until smooth. Spoon gently onto cheddar layer; cover cheddar layer completely. Bake 35 to 40 minutes or until set; cool. Serve at room temperature or slightly chilled.
16 servings/Prep time: 15 minutes plus cooling/ Cooking time: 44 to 51 minutes

CASINO Natural Cheese—the smooth mild taste you've come to love.



ROBUST ITALIAN SALAD

- 6 slices OSCAR MAYER Hard Salami, cut in half
- ½ cup KRAFT "Zesty" Italian Dressing or KRAFT House Italian Dressing
- 1 16-oz. package BIRDS EYE Farm Fresh Broccoli, Cauliflower and Red Peppers, cooked, drained
- 1 cup cherry tomatoes, quartered
- 1 cup (4 ozs.) CASINO Mozzarella Cheese, cut into chunks

Cut salami halves into ¼-inch slices. Pour dressing over combined salami, vegetables and tomatoes; toss lightly. Cover; marinate in refrigerator several hours. Just before serving, add cheese; toss lightly.
6 servings/Prep time: 20 minutes plus marinating
Variation: Substitute KRAFT Reduced Calorie Dressing for KRAFT "Zesty" or House Italian.



KRAFT Reduced Calorie Dressings—great taste and half the calories! Marinate flank steak in KRAFT Italian Dressing (reduced calorie or regular) and broil to desired doneness.



APPETIZERS & SALADS



HAM 'N CHEESE PINWHEELS

- CRACKER BARREL Natural Cheddar Cheese
- OSCAR MAYER Smoked Cooked Ham
- PHILADELPHIA BRAND "Whipped" Cream Cheese with Chives

Cut cheddar cheese into ¼x¼x4-inch sticks. Spread each ham slice with thin layer of cream cheese. Place cheddar cheese at one edge of ham; roll up. Chill. Cut into ½-inch slices just before serving. Serve on cucumber slices or crackers, if desired.
Preparation time: 20 minutes plus chilling



KRAFT Parmesan makes Italian meals GREAT! For a thicker spaghetti sauce, stir ⅓ cup KRAFT Parmesan Cheese into a 15-oz. jar of prepared spaghetti sauce.



QUICK TORTELLINI SALAD

- 1 7-oz. pkg. dry cheese tortellini
- 2 cups BIRDS EYE Farm Fresh Broccoli, Cauliflower and Carrots
- ½ cup RANCHER'S CHOICE Creamy Dressing, Regular or Reduced Calorie
- ¼ cup (1 oz.) KRAFT 100% Grated Parmesan Cheese
- ½ teaspoon Italian seasoning

Cook pasta according to package directions. Place frozen vegetables in colander; drain pasta over vegetables. Toss pasta and vegetables together with dressing, cheese and seasoning. Cover; refrigerate.
4 to 6 servings/Prep time: 30 minutes plus chilling

CRACKER BARREL from KRAFT—judged to be the best. Thread chunks of CRACKER BARREL Cheddar Cheese and fresh fruit or vegetables on cocktail picks for easy appetizers.

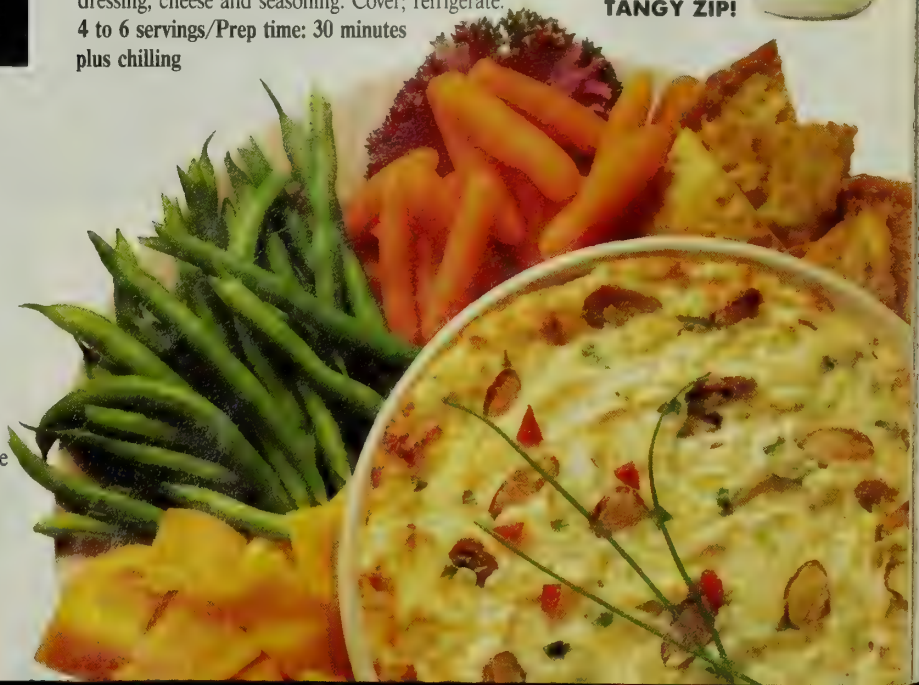


MIRACLE WHIP has that one of a kind TANGY ZIP!

SWISS ALMOND SPREAD

- 1 8-oz. package PHILADELPHIA BRAND "Light" Neufchatel Cheese, softened
- 1½ cups (6 ozs.) 100% Natural KRAFT Shredded Swiss Cheese
- ⅓ cup MIRACLE WHIP "Light" Reduced Calorie Salad Dressing with no cholesterol or MIRACLE WHIP Salad Dressing
- ⅓ cup sliced almonds, toasted
- 2 tablespoons chopped green onion

Preheat oven to 350°. Combine all ingredients; mix well. Spread mixture in 9-inch pie plate or quiche dish. Bake 12 minutes, stirring after 6 minutes. Serve with vegetables and pita chips.
2½ cups/Prep time: 10 minutes/Cooking time: 12 minutes



MAIN DISHES & SIDE DISHES

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Velveeta

VELVEETA cooks better. Try it and see.

BROCCOLI RICE CASSEROLE

- 2 10-oz. packages BIRDS EYE Chopped Broccoli, thawed, drained
- 1½ cups cooked MINUTE Rice
- 1 10¾-oz. can condensed cream of mushroom soup
- 1 2.8-oz. can French fried onions
- 1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread

Combine broccoli, rice, soup and ½ cup onions in 2-quart casserole. Cover with vented plastic wrap. Microwave on HIGH 8 to 10 minutes or until hot. Microwave cheese spread according to label directions. Stir cheese spread into broccoli mixture; top with remaining onions. Microwave 2 minutes or until thoroughly heated.

6 to 8 servings/Prep time: 10 minutes/Cooking time: 10 to 12 minutes



CHEEZ WHIZ—the marvelous microwave-in-a-minute cheese sauce. Just heat in the microwave and pour over hot vegetables or French fries.

PEPPY PEPPERS

- 3 red, yellow or green peppers, cut in half lengthwise
- 1 4.5-oz. pkg. Spanish rice, cooked
- ¼ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- ¼ cup celery slices
- 1 tablespoon chopped cilantro or parsley

Remove seeds from peppers. Mix together remaining ingredients. Fill each pepper with approximately ⅓ cup rice mixture. Place in shallow baking dish; cover with vented plastic wrap. Microwave on HIGH 5 minutes. Rearrange peppers. Microwave on HIGH 3 to 5 minutes or until thoroughly heated.

6 servings/Prep time: 20 minutes/Cooking time: 8 to 10 minutes

Conventional: Preheat oven to 350°. Prepare peppers as directed. Place in shallow baking dish; cover. Bake 30 to 35 minutes or until thoroughly heated.

Variation: Substitute VELVEETA Mexican Pasteurized Process Cheese Spread with Jalapeno Pepper for VELVEETA Pasteurized Process Cheese Spread.

Savor the rich mellow taste of KRAFT Deluxe Macaroni and Cheese.







CHEESY PIZZA DINNER

- 1 14-oz. pkg. KRAFT Deluxe Macaroni and Cheese Dinner
- 1 cup pepperoni strips
- ¼ cup black olive slices
- ¼ cup green onion slices
- ½ teaspoon Italian seasoning

Prepare Dinner as directed on package. Stir in remaining ingredients; heat thoroughly.

4 servings/Prep time: 20 minutes/Cooking time: 10 minutes





100% Natural KRAFT Cheese—because you give 100%.

SPINACH CALZONES

- 1 16-oz. box hot roll mix
- 1 9-oz. pkg. BIRDS EYE Creamed Spinach, thawed
- 2 cups (8 ozs.) 100% Natural KRAFT Shredded Low Moisture Part-Skim Mozzarella Cheese
- 1 lb. hot Italian sausage, casing removed, cooked, drained
- ⅓ cup KRAFT 100% Grated Parmesan Cheese

Preheat oven to 425°. Prepare hot roll mix according to package directions except omitting egg and margarine and adding 1¼ cups hot water and 2 tablespoons olive oil to flour and yeast mixture. Knead dough 5 minutes. Divide dough into 8 pieces; let rest 10 minutes.

Mix together remaining ingredients. Roll each dough piece on lightly floured surface into 6-inch circle. Spoon ½ cup cheese mixture onto each piece of dough. Fold dough over filling to form half circle; press edges together with fork to seal. Place calzones on 2 greased cookie sheets. Prick tops with fork. Bake 12 to 15 minutes or until golden brown. Serve warm.

8 servings/Prep time: 30 minutes/Cooking time: 12 to 15 minutes





Advertisement

Enjoy the zesty flavor of KRAFT Barbecue Sauce and KRAFT "Thick 'N Spicy" Barbecue Sauce all year 'round.

BARBECUE MEATLOAF

- 1 lb. ground beef
- ½ cup KRAFT "Thick 'N Spicy" Original Barbecue Sauce or KRAFT Barbecue Sauce
- ½ cup quick oats, uncooked
- ½ cup finely chopped onion
- 1 beaten egg

Mix together all ingredients except ¼ cup barbecue sauce. Shape into loaf in 12x8-inch baking dish. Microwave on HIGH 12 to 14 minutes or until center is no longer pink, turning dish after 6 minutes. Top with remaining barbecue sauce; let stand 5 minutes.

4 servings/Prep time: 10 minutes plus standing time/Cooking time: 12 to 14 minutes

Conventional: Preheat oven to 375°. Prepare meatloaf as directed. Bake 45 minutes. Top with remaining barbecue sauce. Let stand 5 minutes.

Variation: Substitute 1 lb. LOUIS RICH Ground Turkey for ground beef.





THE BIG EASY BREAKFAST

- ¼ lb. smoked sausage, cut into ½-inch slices, quartered
- ⅓ cup oil
- 4 cups frozen Southern-style hash brown potatoes
- ¼ cup chopped green pepper
- 3 VELVEETA Slices Pasteurized Process Cheese Spread, cut in half diagonally

Cook sausage in large skillet over medium heat until lightly browned. Remove from skillet with slotted spoon. Add oil; heat over medium high heat. Add potatoes and peppers. Cover; cook 8 to 10 minutes or to desired crispness. Stir in sausage. Remove from heat; top with process cheese spread.

4 servings/Prep time: 5 minutes/Cooking time: 13 to 15 minutes

For great tasting hot sandwiches—VELVEETA cooks better.





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For a fluffy dressing on gelatin salads, mix 2 cups thawed COOL WHIP Whipped Topping, ½ cup sour cream and 1 cup KRAFT Miniature Marshmallows.

FUDGEMALLOW RAISIN CANDY

- 1 12-oz. pkg. BAKER'S Real Semi-Sweet Chocolate Chips
- 1 cup chunk style peanut butter
- 3 cups KRAFT Miniature Marshmallows
- ¾ cup raisins

Microwave chocolate and peanut butter in 2-quart bowl on MEDIUM (50%) 2 to 3 minutes or until melted, stirring after each minute. Fold in marshmallows and raisins. Pour into foil-lined 8-inch square pan; chill until firm. Cut into squares.
Approximately 2 dozen/Prep time: 10 minutes plus chilling/Cooking time: 2 to 3 minutes
Conventional: Melt chocolate chips with peanut butter in saucepan over low heat, stirring until smooth. Continue as directed.



LUSCIOUS ORANGE CAKE

- ¾ cup MIRACLE WHIP Salad Dressing
- 1 2-layer yellow cake mix
- 1 envelope DREAM WHIP Whipped Topping Mix
- ¾ cup orange juice
- 3 eggs

Preheat oven to 350°. Combine all ingredients, mixing at medium speed on electric mixer for 2 minutes. Pour into greased and floured 10-inch fluted tube pan. Bake 35 to 40 minutes or until wooden pick inserted near center comes out clean. Let stand 10 minutes; remove from pan. Cool. Serve with Orange Mallow Cream.
12 servings/Prep time: 10 minutes plus cooling/Cooking time: 35 to 40 minutes





Butter your bread with PHILLY instead.

FROSTY FREEZE PIE

Pictured on the cover—

- 1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese, softened
- 1 7-ounce jar KRAFT Marshmallow Creme
- 1 cup lime, orange or raspberry sherbet, softened
- 2 cups thawed COOL WHIP Whipped Topping
- 1 9-inch prepared chocolate crumb crust

Combine cream cheese and marshmallow creme, mixing at medium speed on electric mixer until well blended. Add sherbet; mix well. Fold in whipped topping. Pour into crust; freeze until firm.
6 to 8 servings/Prep time: 5 minutes plus freezing



For delicious desserts, use KRAFT Marshmallows and Marshmallow Creme.

ORANGE MALLOW CREAM

- 1 8-oz. container PHILADELPHIA BRAND Soft Cream Cheese
- 1 7-oz. jar KRAFT Marshmallow Creme
- ½ cup sour cream
- 2 tablespoons orange flavor liqueur

Combine cream cheese and marshmallow creme, mixing on medium speed of electric mixer until well blended. Blend in sour cream and liqueur; chill. Serve with Luscious Orange Cake or fresh fruit.
2 cups/Prep time: 5 minutes/Chill time: 1 hour

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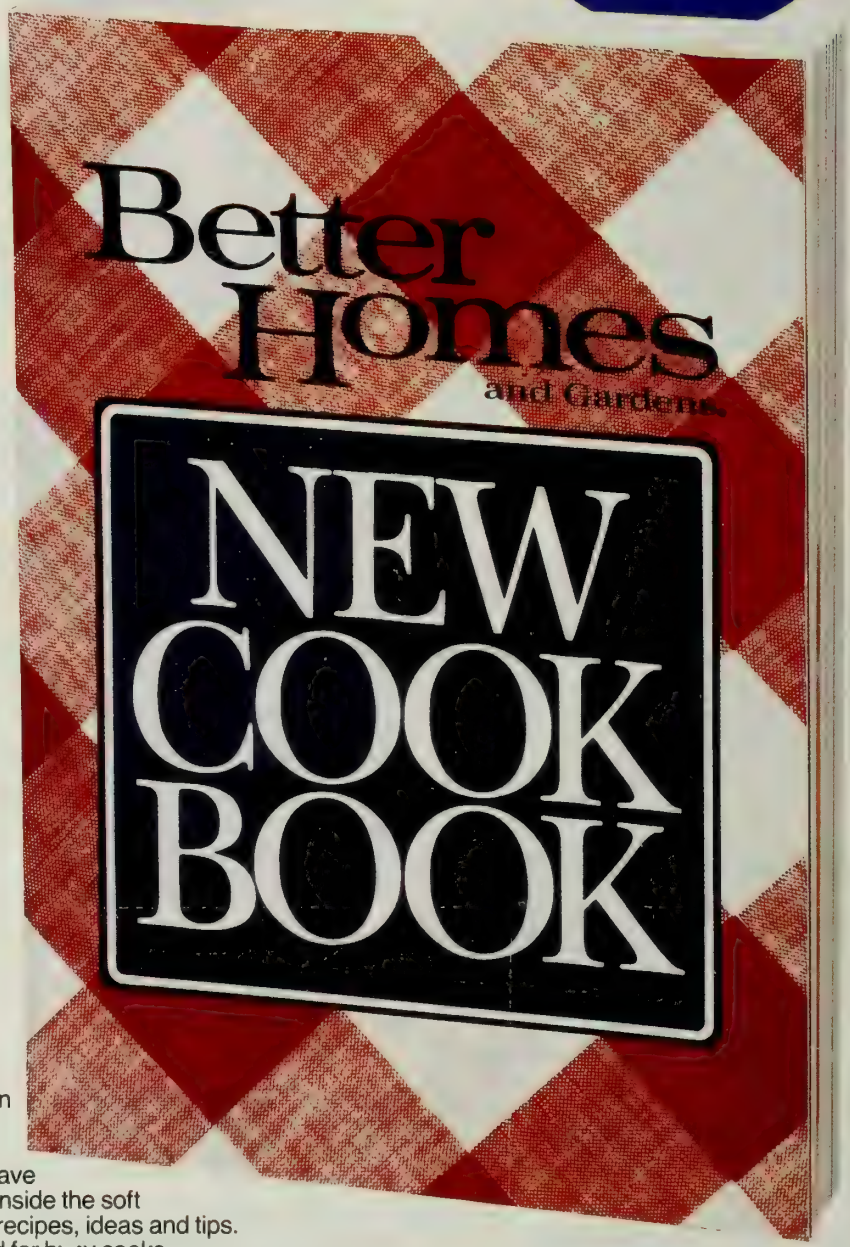
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ontinued from page 110

MANGO BUTTERCREAM CAKE

Look for the cans of sweetened mango puree in specialty shops that carry Indian or Asian groceries. Or, prepare the buttercream using fresh ripe mangoes; directions follow—

1½ cups canned sweetened mango puree
1 cup sugar
6 beaten egg yolks, at room temperature
3 Tbsp. orange liqueur *or* apricot brandy
2 cups unsalted butter, softened

• • •

2 9- *or* 10-inch layers white cake, cooled
Pirouette cookies (36 to 50 cookies, depending on size of cake)
Mandarin orange segments (optional)
Chopped pistachio nuts (optional)

● **For mango buttercream,** in a large heavy saucepan gently simmer mango puree over medium-low heat till puree is reduced to *1 cup,* stirring frequently to prevent scorching. Remove saucepan from heat.

● **Stir the sugar** into the mango puree in saucepan. Cook and stir over medium heat till bubbly. Remove from heat. Gradually stir about *1 cup* of the hot mixture into the beaten egg yolks. Return all of the egg yolk mixture to the saucepan. Bring to a gentle boil; reduce heat. Cook and stir for 2 minutes more. Remove from heat. Stir in the liqueur or brandy.

● **Pour mango mixture** into a bowl. To cool quickly, place bowl in a larger bowl of ice water. Cool puree to room temperature.

● **Meanwhile,** in a large mixer bowl beat the butter with an electric mixer on medium speed till fluffy. Pour cooled mango mixture into beaten butter. Beat till combined. Remove *¾ cup* of buttercream.

● **Using a serrated cake knife,** split each cake layer in half horizontally. Place 1 cake layer on a plate. Frost with about *½ cup* of the buttercream. Repeat with 2 more cake layers and *1 cup* more of the mango buttercream. Top with the last cake layer. Spread remaining buttercream on top and sides of the cake layers.

● **Lightly press cookies** into buttercream, around sides of cake. Cookie ends should be even with bottom of cake; tops of cookies will extend beyond height of cake. (See photo, page 110.) Tie cookies with a long, fancy ribbon to secure.

● **Spoon** reserved ¾ cup buttercream into a pastry bag fitted with a large star tip. Pipe buttercream into small mounds on top of cake. Chill cake or serve immediately. Before serving, arrange mandarin orange segments in center of cake and sprinkle nuts in center and around edge of cake. Makes 12 servings.

To prepare buttercream using fresh ripe mangoes: Purchase mangoes and let ripen at room temperature. A mango is ripe when it gives off a fruity aroma. Using 3 to 4 ripe mangoes, peel, seed (cut around seed to remove), and chop fruit. Puree the mangoes, *one third* at a time, in a covered blender container or food processor bowl. Puree enough fruit to obtain *1½ cups.* Continue as directed above, cooking puree to reduce it to *1 cup.* Buttercream made with fresh fruit will have a slightly less sweet taste than that made with canned puree.

Nutrition information per serving: *769 cal., 6 g pro., 51 g fat, 221 mg chol., 286 mg sodium, 120 mg potassium, 2 g dietary fiber. U.S. RDA: 51% vit. A, 15% vit. C, 12% thiamine.*

PRESENTATION IDEA FROM SUZAN SCHATZ FOR MANGO BUTTERCREAM CAKE

To "frame" the Mango Buttercream Cake, here's how Suzan decorates it (as pictured on page 110).

Purchase galax leaves from a grocer or florist; be sure the leaves are pesticide-free. Use a round cake board as the base. Spray the back of each leaf with adhesive mounting and, starting at the edge of the board, press leaves onto the cardboard in a circular fashion, letting leaves overlap edge of board. Continue forming circles of leaves on board, overlapping leaves as you move toward the center. Let leaves dry thoroughly before placing cake atop.

continued on page 112

What Does Seeing A Mermaid Mean?





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3. Pipe a mixture of ricotta cheese and pesto sauce into Colossal pitted California ripe olives.
4. Blend cream cheese with diced green chilies, pimiento, cumin and cayenne pepper. Stuff into Super Colossal pitted California ripe olives.



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continued from page 111



FRANGIPANE PRETTY FOURS

After cutting out the cake rounds, Suzan saves the cake scraps for snacks for her children, Molly and Graham. Or, she puts the scraps into a dessert trifle—

1¼ cups sifted cake flour
1 8-oz. can almond paste
1¼ cups sugar
6 eggs
1⅓ cups unsalted butter, at room temperature
1 recipe Lemon Curd (see opposite page)
1 recipe Fondant Buttercream (see page 114)
1 recipe Mocha Fondant Buttercream (see page 114)

● **Grease and lightly flour** a 15x10x1-inch baking pan; set aside. Sift the cake flour; set aside.

● **Crumble the almond paste** into a large mixer bowl. Add sugar and 2 of the eggs. Beat with an electric mixer on low speed till thoroughly combined and no lumps of almond paste remain. (This will take about 2 minutes.) Add the butter; beat on medium-low speed for 3 minutes. Add the remaining eggs, one at a time, beating for 1 minute after each addition and scraping sides of bowl frequently. Fold in cake flour.

● **Spread batter** evenly in prepared pan. Bake in a 350° oven for 25 to 30 minutes or till light brown. Cool on a wire rack. Cover cake with plastic wrap; refrigerate. (*Or*, cover with heavy foil and freeze for up to 1 month.)

● **Using a 1½-inch** round cookie cutter, cut out about 54 cake rounds from chilled cake. Decorate as desired, using Lemon Curd and Fondant Buttercream. See ideas, opposite page. Store





Suzan recommends using a cookie cutter that is open on both ends so the chilled cake rounds easily push out.

Frangipane Pretty Fours: Suzan created this recipe by improvising on one she received while attending the Culinary Institute of America.

decorated cakes in the refrigerator till serving time. Makes 54.

Nutrition information per cake with 1 tablespoon Lemon Curd: *148 cal., 2 g pro., 10 g fat, 75 mg chol., 36 mg sodium, 43 mg potassium, 0 g dietary fiber.*

FINISHING THE FRANGIPANE PRETTY FOURS

Suzan uses a variety of decorative finishes for the Frangipane Pretty Fours. Try one or more of these ideas:

- Suzan trims off the brown crust from each cake round before decorating; she thinks the cakes are prettier that way. This step is optional.
- Using a pastry bag fitted with a large star tip, pipe about a tablespoon of Lemon Curd on top of a cake round.
- Using an ice-cream scoop (with the same diameter as the cake round) place a scoopful of the Mocha Fondant Buttercream onto a cake round. Sprinkle shaved chocolate atop; finish dessert with a coffee bean candy or chocolate-dipped hazelnut.
- Using a pastry bag and large star tip, pipe about a tablespoon of Fondant Buttercream onto each cake round. Top each with finely chopped pistachio nuts, sugar flowers, or edible glitter.

LEMON CURD

Allowing about 1 tablespoon Lemon Curd per cake round, this recipe will decorate about 20 pretty fours—

5 egg yolks
⅓ cup fresh lemon juice
⅔ cup sugar
¾ tsp. cornstarch
¼ cup unsalted butter, at room temperature

- **In a small heavy saucepan beat** egg yolks with *half* of the lemon juice. Stir in sugar. Combine remaining lemon juice and cornstarch; stir into sugar-lemon mixture. Cook over medium heat for 3 minutes, stirring constantly. Add the butter, a tablespoon at a time,

continued on page 114



continued from page 113

stirring till melted. Continue cooking and stirring till mixture thickens and coats a metal spoon; *do not boil.*

● **Remove the saucepan** from the heat. Pour the Lemon Curd into a small bowl. Cover surface of curd with clear plastic wrap to prevent a skin from forming.

● **Chill** for several hours in the refrigerator. Use to decorate Frangipane Pretty Fours. Makes about 1¼ cups Lemon Curd.

FONDANT BUTTERCREAM

You can buy dry fondant in candy shops. If you make the Lemon Curd and both of the fondants, you should have enough toppings for all the mini cake rounds—

½ cup butter
2 Tbsp. milk
8 oz. dry fondant

● **In a small saucepan combine** the butter and milk; heat just till butter melts. Transfer to a small mixer bowl. Stir in the dry fondant. Beat with an electric mixer on high speed about 4 minutes or till smooth and fluffy. Chill, if necessary, to piping consistency.

● **Divide and tint buttercream** using food coloring paste. Makes about 1 cup (enough for 16 pretty fours).

Mocha Fondant Buttercream: Prepare as directed *except* use ¼ cup *coffee liqueur* instead of the 2 tablespoons milk. During beating, beat in 2 ounces *semisweet chocolate,* melted and cooled. Makes about 1⅓ cups (enough for 20 pretty fours).

White Meat



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Creamy Dijon Tarragon Sauce

Sauté 1 cup sliced mushrooms in 1 Tbsp. margarine; set aside. In saucepan, whisk together 1 cup heavy cream, ⅓ cup Grey Poupon Dijon Mustard, 2 eggs, 1 Tbsp. white wine vinegar, and ¼ tsp. dried or 1 tsp. fresh tarragon leaves. Cook and stir over low heat until mixture thickens; stir in mushrooms. Serve over chicken, meat or vegetables. Makes 1¾ cups.

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WINNING IDEAS TO GET YOU STARTED FOR THIS MONTH'S CATEGORIES

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- **Meat or poultry** simmered in a special gravy
- **Hot, hearty** sandwich fillings, great for parties and crowds.
- **Original one-dish meals** for quick, weeknight dinners

Party Appetizers

- **Make-ahead tidbits** for last-minute entertaining
- **Finger sandwiches** and mini pizzas or tarts
- **Stir-together** microwave dips with tasty dippers such as pita chips, sweet potato sticks, or fruit
- **Easy-to-make appetizers** starting with convenience products

WINNERS IN THIS ISSUE (pages 117 and 118)

$200 Winners

Elizabeth R. Cutler,
Huntington Beach, Calif.
Barbara Sherrer, Bay City, Tex.

$100 Winners

Mrs. Marjorie Fortier,
West Redding, Conn.

Jeanette Zimmerman
Van Nuys, Calif.

Honor Roll Winners

Alison Bishop, Irvine, Calif.; Joy Gillespie, Neeses, S.C.; Mrs. Mary Ann Marino, West Pittsburg, Pa.; Lynn Moretti, Oconomowoc, Wis.; Brenda Nation, Lake Charles, La.; Marsha J. Rosenberg, Soquel, Calif.

CONTEST RULES

1. Clearly write your name, address, and recipe marked "November Crockery Cooker Meals" or "November Party Appetizers."
2. Specify brand names of foods you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and your hometown in any manner for as long as we wish.
5. All entries must be postmarked by midnight, April 30, 1990. If duplicates are submitted, the earliest postmark will be judged.
6. We reserve the right to edit recipes.
7. Address all of the recipes that you enter to "November Crockery Cooker Meals" or "November Party Appetizers," 9011 Food Department, Better Homes and Gardens, Des Moines, IA 50336.
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See Page 115 For Details

PRIZE TESTED RECIPES®

Blue-Ribbon Cakes

File under Cakes
April, 1990



$200 WINNER *Barbara Sherrer, Bay City, Tex.*

WHOLE WHEAT CARROT CAKE

Savor the rich taste and moist texture of this honey-sweetened, fiber-rich cake—

2 cups whole wheat flour
1 Tbsp. toasted wheat germ
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 tsp. ground cinnamon
1¼ cups honey
½ cup margarine *or* butter, melted
1 tsp. molasses (optional)
1 tsp. vanilla
4 eggs
3 cups finely shredded carrots
1 cup chopped pecans
Cream Cheese Frosting

Grease and flour two 8- or 9-inch round baking pans. In a mixer bowl combine flour, wheat germ, baking powder, soda, salt, and cinnamon. Add honey, margarine or butter, molasses, and vanilla. Beat with electric mixer on low speed till combined. Add eggs, one at a time, beating well after each addition. Stir in carrots and pecans. Pour into prepared pans. Bake in a 350° oven 30 to 35 minutes or till a toothpick inserted near center comes out clean. Cool on wire racks 10 minutes. Remove cakes from pans; cool completely. Frost between layers and top with Cream Cheese Frosting. Store, covered, in refrigerator. Makes 12 servings.

Cream Cheese Frosting: In a mixer bowl beat one 8-ounce package softened *cream cheese* and ½ cup *margarine* or *butter* with an electric mixer on high speed till fluffy. Beat in 2 cups sifted *powdered sugar*, 1 teaspoon *vanilla*, and ½ teaspoon *molasses* or *honey*. Stir in ¼ cup chopped *pecans*. If necessary, chill till of spreading consistency (about 30 minutes).

Nutrition information per serving: *590 cal., 8 g pro., 73 g carbo., 33 g fat, 112 mg chol., 566 mg sodium, 294 mg potassium, and 4 g dietary fiber. U.S. RDA: 175% vit. A*

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Healthful Poultry Entrées

File under Poultry
April, 1990



$200 WINNER *Elizabeth R. Cutler, Huntington Beach, Calif.*

STIR-FRY TURKEY FAJITAS

Stuff Mexican tortillas with oriental stir-fry for this colorful, low-fat dinner—

4 10-inch flour tortillas
¼ cup sodium-reduced soy sauce
2 Tbsp. sugar
2 Tbsp. lemon juice
1 Tbsp. cornstarch
¼ tsp. crushed red pepper
1 medium onion, chopped
3 medium green, red, *or* yellow sweet peppers, cut into thin strips
3 cloves garlic, minced
1 Tbsp. olive oil
12 oz. skinned, boned turkey breast, cut into thin strips

Wrap tortillas in foil; warm in 300° oven. Combine soy sauce, sugar, lemon juice, cornstarch, and crushed pepper. Spray a skillet with *nonstick spray coating.* Stir-fry onion, sweet peppers, and garlic in skillet over medium heat 3 to 4 minutes. Remove from skillet. Add oil to skillet. Stir-fry turkey over medium-high heat 3 to 4 minutes or till no longer pink. Add soy sauce mixture. Cook and stir till bubbly. Add sweet pepper mixture; heat through. Spoon onto tortillas; roll up. Serves 4.

Nutrition information per serving: *322 cal., 25 g pro., 44 g carbo., 6 g fat, 53 mg chol., 678 mg sodium, 449 mg potassium, and 4 g dietary fiber. U.S. RDA: 11% vit. A, 140% vit. C, 13% thiamine, 10% riboflavin, 30% niacin, 14% calcium, 23% iron.*





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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Healthful Poultry Entrées

File under Poultry
April, 1990



$100 WINNER *Mrs. Marjorie Fortier, West Redding, Conn.*

PEPPERCORN CHICKEN WITH APPLES

Marjorie keeps fat and cholesterol to a minimum in this zesty dish by simmering the chicken in a lean sauce and adding apple slices and seasonings for flavor—

- ½ cup dry white wine
- ½ cup chicken broth
- 3 Tbsp. frozen apple juice concentrate, thawed
- 1 to 2 tsp. whole green peppercorns, crushed
- ¾ tsp. poultry seasoning
- ¼ tsp. garlic salt
- ¼ tsp. ground nutmeg
- 4 medium skinned, boned chicken breast halves
- 1 medium tart red *or* green apple, cored and sliced
- 1 Tbsp. cornstarch
- 1 Tbsp. water
- Hot cooked rice (optional)

In a large skillet combine wine, chicken broth, apple juice concentrate, peppercorns, poultry seasoning, garlic salt, and nutmeg. Bring to boiling. Meanwhile, rinse chicken; pat dry. Carefully add chicken to boiling mixture. Reduce heat; simmer, covered, for 10 minutes. Add apple and simmer, covered, 5 to 10 minutes more or till chicken is no longer pink. Transfer chicken and apples from cooking liquid to a serving platter; cover and keep warm. Combine cornstarch and water. Add to cooking liquid in skillet. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Pour sauce over chicken and apples. Serve over rice. Makes 4 servings.

Nutrition information per serving: *217 cal., 27 g pro., 13 g carbo., 3 g fat, 72 mg chol., 281 mg sodium, 372 mg potassium, and 1 g dietary fiber. U.S. RDA: 61% niacin.*

Buying information, page 139.

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Blue-Ribbon Cakes

File under Cakes
April, 1990



$100 WINNER *Jeanette Zimmerman, Van Nuys, Calif.*

COFFEE-ORANGE FUDGE CAKE

This quick cake-mix fix-up turns chocolate cake into an elegant dessert, perfect for special get-togethers—

- 1 pkg. 2-layer-size devil's food *or* German chocolate cake mix
- 1 8-oz. carton dairy sour cream
- ½ cup cooking oil
- ½ cup water
- 4 eggs
- 1 4-serving-size pkg. *instant* chocolate fudge pudding mix
- ¼ cup coffee liqueur
- 2 Tbsp. finely shredded orange peel
- 1 tsp. ground cinnamon
- 1 12-oz. pkg. semisweet chocolate pieces
- Powdered sugar (optional)

Grease and flour a 10-inch fluted tube pan. In large mixer bowl combine cake mix, sour cream, oil, water, eggs, pudding mix, liqueur, orange peel, and cinnamon. Beat with an electric mixer on low speed till blended, scraping sides of bowl constantly. Beat on medium speed for 4 minutes. Stir in chocolate pieces. Pour into prepared pan. Bake in 350° oven for 50 to 60 minutes or till a toothpick inserted near the center comes out clean. Cool on wire rack 10 minutes. Remove from pan and cool on rack. Sprinkle with powdered sugar, if desired. Makes 12 to 16 servings.

Nutrition information per serving: *519 cal., 6 g pro., 61 g carbo., 31 g fat, 100 mg chol., 265 mg sodium, 205 mg potassium, and 3 g dietary fiber. U.S. RDA: 11% riboflavin, 10% calcium, 13% iron.*

Photographs: Scott Little

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Louis Rich

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Spring VEGETABLES

BY
JOY TAYLOR

- Artichokes
- Asparagus
- Greens
- New Potatoes
- Peas
- Radishes

Photographs: Mike Dieter. Food stylist: Janet Herwig

Continued from page 121



Artichokes

Be patient when you eat an artichoke, and savor it one fleshy leaf at a time. Your just reward: the tender heart.

ARTICHOKE CHICKEN SALAD

Simple chicken salad becomes sensational when you add artichokes, raisins, and chutney—

2 medium artichokes
Lemon juice
2 Tbsp. water
2 cups cubed cooked chicken
½ cup sliced celery
¼ cup raisins
¼ cup sliced green onion
8 large romaine leaves

• • •

½ cup reduced-calorie mayonnaise
¼ cup plain yogurt
1 Tbsp. chutney
Dash garlic salt
Dash paprika

• • •

4 cherry tomatoes, halved

● **Cut stems** and loose outer leaves from artichokes. Cut off 1 inch from tops; snip off sharp leaf tips. Brush cut edges with lemon juice. Place the artichokes in an 8x4x2-inch microwave-safe loaf dish; add water.

● **Micro-cook**, covered, on 100% power (high) for 7 to 10 minutes (low-wattage oven: 10 to 12 minutes) or till a leaf pulls away easily, turning dish once. Drain. Let stand, uncovered, to cool.

● **When cooled,** remove all outer leaves from artichokes. Wrap leaves in plastic wrap and chill. Discard center leaves (cone) and choke, reserving hearts. Cut hearts into thin strips (you should have about ⅓ cup). Wrap and chill.

● **For salad,** in large bowl combine chicken, celery, raisins, and onion. Finely shred *2* romaine leaves (you should have about 1 cup). Stir shredded romaine into chicken mixture.

● **For dressing,** in a small bowl stir together mayonnaise, yogurt, chutney, garlic salt, and paprika. Add to chicken mixture. Toss to mix well. Cover; chill 1 to 2 hours.

● **To serve,** line a serving plate with remaining romaine leaves. Spoon salad into center. Arrange strips of artichoke heart on top of salad. Arrange artichoke leaves and tomatoes around salad. Makes 4 main-dish servings.

Nutrition information per serving: *342 cal., 26 g pro., 30 g carbo., 15 g fat, 75 mg chol., 392 mg sodium, 811 mg potassium, and 3 g dietary fiber. U.S. RDA: 26% vit. A, 25% vit. C, 16% riboflavin, 38% niacin, 20% iron.*

STUFFED FETA ARTICHOKES

Serve this first-course salad (opposite) with a light red wine such as Beaujolais or a light white wine such as chardonnay—

2 medium artichokes (about 10 oz. each)
Lemon juice
2 Tbsp. water
3 Tbsp. lemon juice
2 Tbsp. olive oil *or* salad oil
1 Tbsp. water
½ tsp. dried oregano, crushed

• • •

½ cup bulgur
¼ tsp. salt
½ cup crumbled feta cheese (2 oz.)
¼ cup snipped parsley
1 large tomato, peeled, seeded, and chopped

• • •

Shredded lettuce
1 tomato, cut into wedges

● **Cut stems** and loose outer leaves from artichokes. Cut off 1 inch from tops; snip off sharp leaf tips. Brush cut edges with lemon juice. Place artichokes in a 1½- or 2-quart microwave-safe casserole; add the 2 tablespoons water.

● **Micro-cook artichokes,** covered, on 100% power (high) for 7 to 10 minutes (low-wattage oven: 10 to 12 minutes) or till a leaf pulls away easily, turning the dish once. Drain. When cool, halve each artichoke lengthwise. Discard center leaves (cone) and choke.

● **For dressing,** combine 3 tablespoons lemon juice, oil, 1 tablespoon water, and oregano. Place the artichoke halves in a plastic bag; place in a bowl. Pour dressing over artichokes; seal bag. Turn to coat. Chill the artichokes several hours, turning bag occasionally.

● **Meanwhile,** in a bowl combine bulgur, salt, and 1 cup *hot water;* let stand 1 hour. Drain well, pressing out excess water. Combine the drained bulgur, the feta cheese, the snipped parsley, and the chopped tomato. Cover and chill thoroughly.



● **To serve,** drain artichokes, reserving dressing. Place, cut side up, on shredded lettuce. Stir dressing into bulgur mixture; spoon into artichoke halves.

● **Place** any additional bulgur mixture in a bowl and serve with artichokes. Arrange the tomato wedges around artichokes. Makes 4 side-dish servings.

Nutrition information per serving: *249 cal., 8 g pro., 35 g carbo., 10 g fat, 13 mg chol., 399 mg sodium, 635 mg potassium, 6 g dietary fiber. U.S. RDA: 23% vit. A, 35% vit. C, 14% thiamine, 15% riboflavin, 15% calcium, 21% iron.*

ARTICHOKES WITH TARRAGON CREAM

As an appetizer or salad, these artichokes are perfect for rounding out a meal—

4 medium artichokes
Lemon juice
6 green onions, chopped
1 8-oz. pkg. Neufchâtel cheese
2 Tbsp. lemon *or* lime juice
¼ tsp. dried tarragon, crushed
⅛ tsp. pepper
¼ cup milk
Lemon slices (optional)
Fresh tarragon (optional)

● **Cut stems** and the loose outer leaves from artichokes. Cut off 1 inch from tops; snip off sharp leaf tips. Brush cut edges with lemon juice. Place the artichokes in an 8x8x2-inch microwave-safe baking dish. Add 2 tablespoons *water*.

● **Micro-cook**, covered, on 100% power (high) for 14 to 15 minutes or till a leaf pulls out easily, rearranging artichokes once. Drain. Let stand, uncovered, to cool. Cover; chill.

● **For cream mixture,** in 1-quart microwave-safe bowl combine green onions and 2 tablespoons *water*. Cook, covered, on high for 2 to 3 minutes or till onions are tender. Drain. Add cheese; cook on high for 10 seconds or till softened. Stir in lemon or lime juice, tarragon, and pepper. Stir in milk.

● **Remove center leaves** and chokes from artichokes. Spread leaves slightly. Spoon cream mixture into center of each. Garnish with lemon slices and fresh tarragon. To eat, remove and dip leaves in cream mixture. Makes 4 side-dish servings.

Nutrition information per serving: *296 cal., 14 g pro., 36 g carbo., 14 g fat, 44 mg chol., 433 mg sodium, 952 mg potassium, and 2 g dietary fiber. U.S. RDA: 45% vit. A, 43% vit. C, 19% riboflavin, 19% calcium, 26% iron.*

Note: Recipe is too large for low-wattage ovens.

ARTICHOKE ETIQUETTE

Before cooking a whole artichoke, cut off 1 inch from the top and snip off sharp leaf tips. Brush cut edges with lemon juice. Micro-cook till a leaf pulls out easily; drain and chill.

To eat, pull a leaf off the globe, and draw the leaf through your teeth, scraping off and eating only the tender flesh at the base. Discard the rest of the leaf. Continue till a cone of young leaves appears. Pull away the cone, eating a little bit of the soft flesh. Then scoop out and discard the fuzzy "choke." Eat the remaining heart with a fork, dipping each bite in sauce.

continued on page 124



continued from page 123

Potatoes

Baby vegetables are in, and the oldest baby of them all is the new potato. These tiny, immature potatoes cook up fast to tender tidbits.



NEW POTATOES CAESAR

1 lb. whole tiny new potatoes (12 to 16 potatoes)
2 Tbsp. water
½ cup reduced-calorie Caesar salad dressing
1 small head Bibb lettuce
2 hard-cooked eggs, sliced
8 large cherry tomatoes, sliced
2 Tbsp. shredded Parmesan cheese
Cracked pepper
12 rolled anchovy fillets with capers

● **Wash potatoes;** slice into ¼-inch slices. In a 1-quart microwave-safe casserole combine potatoes and water. Micro-cook, covered, on 100% power (high) for 6 to 9 minutes (low-wattage oven: 9 to 11 minutes) or just till tender, stirring once. Drain. Pour salad dressing over potato slices. Cover and chill for 1 to 3 hours.

● **To serve,** arrange lettuce leaves on salad plates. With a slotted spoon, remove potato slices from dressing, reserving dressing. Arrange potato, egg, and tomato on lettuce. Drizzle with reserved dressing. Sprinkle with cheese and pepper. Top with anchovies and capers. Makes 4 side-dish servings.

Nutrition information per serving: *192 cal., 10 g pro., 25 g carbo., 6 g fat, 146 mg chol., 628 mg sodium, 963 mg potassium, and 3 g dietary fiber. U.S. RDA: 23% vit. A, 37% vit. C, 12% thiamine, 12% riboflavin, 14% niacin, 11 calcium, 12% iron.*



NEW POTATOES GRUYERE

Gruyère cheese has a mild, nutty flavor similar to Swiss cheese—

2 lb. whole tiny new potatoes (24 to 32)
⅓ cup water
1 small onion, sliced and separated into rings
¼ teaspoon salt
• • •
1 Tbsp. all-purpose flour
⅛ tsp. garlic powder
⅛ tsp. ground white pepper
½ cup milk
¼ cup chicken broth
½ cup shredded process Gruyère cheese (2 oz.)
Snipped parsley (optional)

● **Wash the potatoes** thoroughly. Halve any large potatoes. With a vegetable peeler, peel a strip around the center of each remaining whole potato. In a 1½- or 2-quart microwave-safe casserole combine the potatoes, the water, the onion, and salt.

● **Micro-cook,** covered, on 100% power (high) for 14 to 18 minutes (low-wattage oven: 17 to 20 minutes) or till the potatoes are tender, stirring mixture twice. Let vegetables stand, covered, while preparing the sauce.

● **For sauce,** in a 2-cup glass measure combine the flour, the garlic powder, and the pepper. Stir in the milk and the broth. Cook, uncovered, on high for 2½ to 3½ minutes (low-wattage oven: 3 to 4 minutes) or till the mixture is thickened and bubbly, stirring every 30 seconds during cooking time. Stir in the cheese. Cook, uncovered, on high for 1 to 1½ minutes or till cheese is melted, stirring every 30 seconds.

● **Drain** the potato mixture. Add the cheese sauce to potatoes. Gently toss till the potatoes are well coated with cheese sauce. Sprinkle the snipped parsley over the potato mixture to garnish. Makes 4 to 6 side-dish servings.

Nutrition information per serving: *266 cal., 11 g pro., 45 g carbo., 6 g fat, 18 mg chol., 259 mg sodium, 1,324 mg potassium, and 4 g dietary fiber. U.S. RDA: 53% vit. C, 16% thiamine, 11% riboflavin, 19% niacin, 20% calcium.*

continued on page 126

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CHEESY HAM CASSEROLE

½ CUP MIRACLE WHIP SALAD DRESSING
2 CUPS FRESH OR FROZEN BROCCOLI FLOWERETS, THAWED
1½ CUPS (6 oz.) 100% NATURAL KRAFT SHREDDED SHARP CHEDDAR CHEESE
1½ CUPS CHOPPED OSCAR MAYER HAM
1½ CUPS CORKSCREW NOODLES, COOKED, DRAINED
½ CUP CHOPPED RED OR GREEN PEPPER
¼ CUP MILK
¾ CUP SEASONED CROUTONS (OPTIONAL)

- MIX ALL INGREDIENTS EXCEPT ½ CUP CHEESE AND CROUTONS.
- SPOON INTO 1½-QUART CASSEROLE. SPRINKLE WITH REMAINING CHEESE AND CROUTONS.
- BAKE AT 350°, 30 MINUTES OR MICROWAVE ON HIGH FOR 8-10 MINUTES OR UNTIL HEATED THROUGH.

4-6 SERVINGS.
PREP TIME: 10 MINUTES. COOKING TIME: 40 MINUTES.

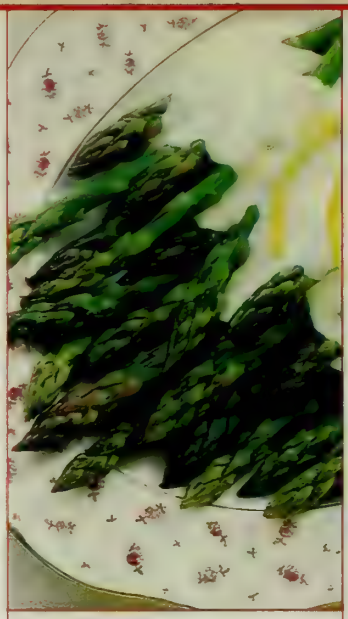
Only the tangy zip of Miracle Whip® makes your casserole irresistible.

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continued from page 124

Asparagus

It's a sure sign that spring is here when fresh asparagus spears greet you in the grocery store. Enjoy asparagus at its best—simply prepared in the microwave.



GINGER CREAM ASPARAGUS

- 1 lb. asparagus spears
- ⅓ cup light cream
- ¼ cup chicken broth
- 1½ tsp. cornstarch
- ¼ tsp. grated gingerroot
- ¼ tsp. finely shredded lemon peel

● **Wash asparagus.** Snap off and discard the woody ends. Place in an 8x8x2-inch or 10x6x2-inch microwave-safe baking dish. Add 2 tablespoons *water.* Cover dish with clear plastic wrap; vent by leaving a small area unsealed at edge of dish.

● **Micro-cook** on 100% power (high) for 7 to 9 minutes (low-wattage oven: 9 to 11 minutes) or till tender, rearranging asparagus once by switching center spears with those on the edges. Drain; cover to keep warm.

● **For sauce,** in 2-cup glass measure combine cream, broth, cornstarch, gingerroot, and lemon peel. Cook on high 2 to 3 minutes or till thickened and bubbly, stirring after 1 minute, then every 30 seconds. Pour sauce over asparagus. Makes 4 side-dish servings.

Nutrition information per serving: *70 cal., 4 g pro., 6 g carbo., 4 g fat, 13 mg chol., 59 mg sodium, 381 mg potassium, and 2 g dietary fiber. U.S. RDA: 23% vit. A, 44% vit. C.*

WARM SALAD OF ASPARAGUS AND GREENS

- 2 cups asparagus cut into 2-inch pieces
- 4 slices bacon, cut in 1-inch pieces
- 1 small onion, sliced into rings
- 2 Tbsp. vinegar
- 1 Tbsp. sugar
- ⅛ teaspoon salt
- 1 cup torn Bibb *or* Boston lettuce
- 1 cup torn kale *or* 1½ cups torn sorrel
- 1 medium tomato, chopped

● **In a 1-quart** microwave-safe casserole cook the asparagus in 2 tablespoons *water,* covered, on 100% power (high) 5 to 7 minutes (low-wattage oven: 6 to 8 minutes) or till asparagus is just tender. Drain.

● **For dressing,** in a 1½-quart microwave-safe casserole cook bacon, covered, on high for 3 to 5 minutes (low-wattage oven: 8 to 9 minutes) or till crisp, stirring once. Drain bacon; set aside.

● **Cook onion in drippings,** covered, on high for 2 to 3 minutes (low-wattage oven: 3 to 4 minutes). Stir in vinegar, sugar, fines herbes, and salt. Stir asparagus, bacon, greens, and tomato into dressing; toss and serve. Makes 4 side-dish servings.

Nutrition information per serving: *89 cal., 5 g pro., 10 g carbo., 4 g fat, 6 mg chol., 197 mg sodium, 410 mg potassium, and 3 g dietary fiber. U.S. RDA: 45% vit. A.*

A+ ASPARAGUS

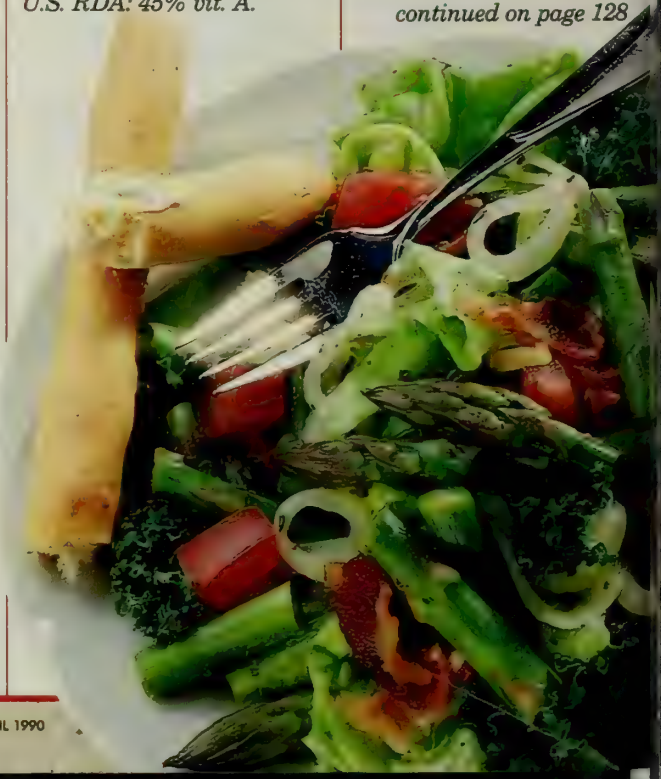
● Select firm, straight spears with compact, closed tips. Choose spears of the same size; they'll cook more evenly.

● Wash and scrape off scales. Break off woody bases at point where spears snap easily.

● Arrange spears in a microwave-safe dish. If spears are short, place tips in center. Add 2 tablespoons *water.* Cover with a microwave-safe lid.

● Micro-cook on 100% power (high) till tender, rearranging asparagus once by switching center spears with those on the edges. Allow 4 to 6 minutes for ½ pound; 7 to 9 minutes for 1 pound. Drain; season.

continued on page 128





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continued from page 126

Peas/Radishes

Ah, sweet pea! Like sweet corn, peas have natural sugars that start converting to starch once they leave the vine. So cook peas soon after buying or picking.



DILLED PEA SOUP

1 10-oz. pkg. frozen peas *or* 2 cups shelled peas
2 green onions, cut up
1 14½-oz. can chicken broth
½ tsp. dried dillweed
• • •
18-oz. carton plain yogurt *or* dairy sour cream
Plain yogurt *or* dairy sour cream (optional)
Sliced green onion (optional)

● **In a 1-quart** microwave-safe casserole combine the peas, cut-up onions, *¼ cup* of the chicken broth, and dillweed. Micro-cook, covered, on 100% power (high) for 8 to 10 minutes or till very tender. *Do not drain.* Uncover; cool slightly. Add the remaining chicken broth.

● **In a blender container** or food processor bowl blend or process pea mixture, *half* at a time, till smooth. Transfer to a storage container. Cover and chill.

● **At serving time, use** a wire whisk to blend in the 8 ounces yogurt or sour cream. Dollop each serving with additional yogurt or sour cream; lightly sprinkle with sliced green onion before serving. Makes 3 or 4 side-dish servings.

Nutrition information per serving: *146 cal., 12 g pro., 20 g carbo., 2 g fat, 5 mg chol., 595 mg sodium, 456 mg potassium, and 5 g dietary fiber. U.S. RDA: 15% vit. A, 21% vit. C, 19% thiamine, 17% riboflavin, 18% niacin, 17% calcium, 11% iron.*



VELVETY PEAS AND RADISHES

Like onions, radishes have a milder flavor when cooked—

1 cup radishes, sliced
1 cup fresh *or* frozen shelled peas
2 Tbsp. water
½ cup milk
1 Tbsp. all-purpose flour
¼ tsp. dried dillweed
⅛ tsp. salt
⅛ tsp. lemon pepper
Fresh dill (optional)

● **In a 20-ounce** microwave-safe casserole combine the sliced radishes and peas; add the water. Micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till vegetables are tender, stirring once. Drain. Cover and keep warm.

● **In 2-cup glass** measure combine milk, flour, dillweed, salt, and lemon pepper. Cook, uncovered, on high 1½ to 2½ minutes or till bubbly, stirring every 30 seconds. Stir into hot vegetables. Top with fresh dill. Makes 3 side-dish servings.

Nutrition information per serving: *74 cal., 4 g pro., 12 g carbo., 1 g fat, 3 mg chol., 197 mg sodium, 230 mg potassium, and 3 g dietary fiber.*

PERFECT PEAS, PLEASE

To cook 2 cups shelled peas:

● **In a 1-quart microwave-safe casserole combine peas and 2 tablespoons *water*.**

● **Micro-cook, covered, on 100% power (high) for 6 to 8 minutes or till tender, stirring once.**

● **Drain.**

To cook 6 ounces (2 cups) pea pods:

● **Remove tips and strings.**

● **In 1-quart microwave-safe casserole combine pea pods and 2 tablespoons *water*.**

● **Micro-cook, covered, on 100% power (high) for 3 to 5 minutes (low-wattage oven: 4 to 6 minutes) or till crisp-tender, stirring once.**

● **Drain.**

continued on page 132


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HIDDEN VALLEY RANCH PARTY PINWHEELS

2 (8 oz.) pkg. cream cheese, softened
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
2 green onions, minced
4 (12-inch) flour tortillas
½ cup diced red pepper
½ cup diced celery
1 can sliced black olives, drained

Mix first 3 ingredients. Spread on tortillas. Sprinkle on remaining ingredients. Then, roll and wrap tightly. Chill 2 hours. Cut off roll ends. Cut rolls into 1-inch slices. Makes 3 dozen.



HIDDEN VALLEY RANCH CHICKEN BREASTS

2 ½ cups pineapple juice
2 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
4 chicken breast halves (1 lb.)
2 teaspoons cornstarch
2 tablespoons water

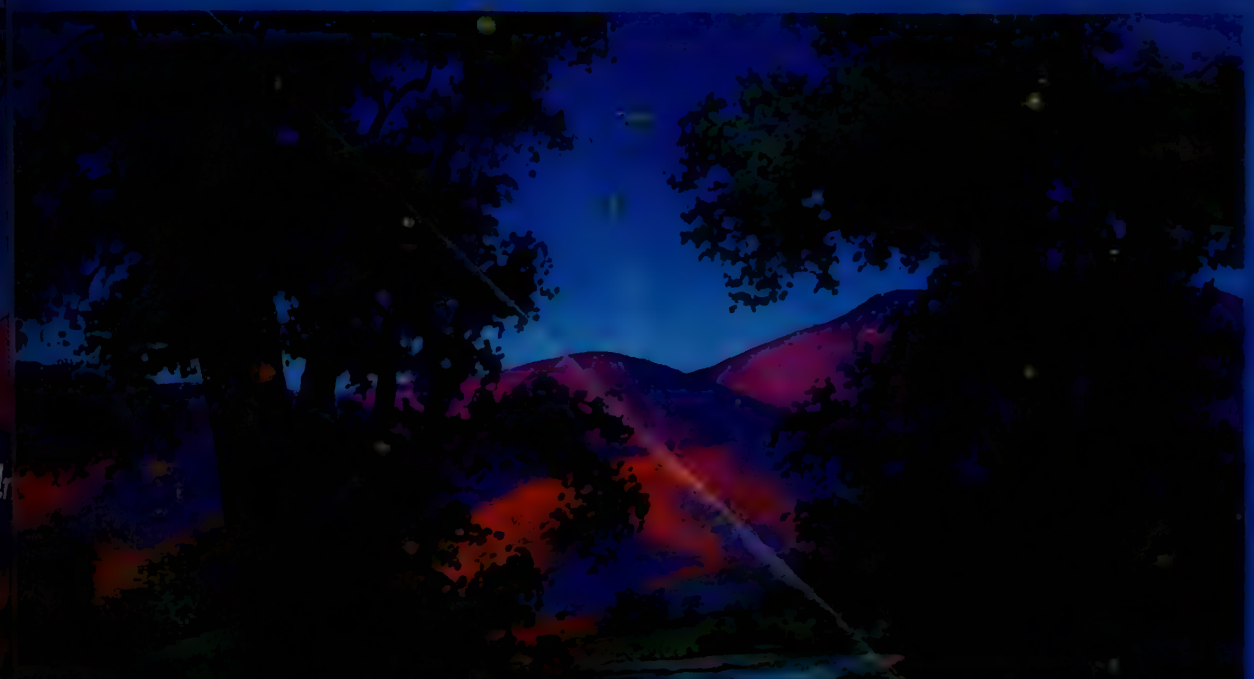
Whisk juice and dressing mix together. Marinate breasts in ½ juice mixture for 2-24 hours. Bake at 350°F for 45-50 minutes. Combine cornstarch, water and remaining juice mixture in saucepan. Heat to thicken. Brush chicken with sauce. Serves 4.



HIDDEN VALLEY RANCH TORTELLINI SALAD

9 ounces cheese tortellini, cooked and cooled
1 cup julienned ham
¾ cup frozen baby peas, thawed
½ cup Swiss cheese cubes
2 tablespoons minced green onions
1 tablespoon minced parsley
2 cups prepared Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing

Toss all ingredients together in a bowl. Chill until ready to serve. Serves 4-6.



And the taste of special summer recipes from Hidden Valley Ranch.



HIDDEN VALLEY RANCH CRESCENT ROLLS

1 tube (8 oz.) refrigerated crescent roll dough
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
1 egg yolk
1 teaspoon water

Separate dough. Cut in half lengthwise to make 16 crescents. Beat yolk with water. Brush on dough. Sprinkle with dressing mix. Roll up in crescent shape. Brush with egg mixture. Bake on greased cookie sheet in preheated 375°F oven for 11-13 minutes, or until brown. Makes 16.



Summer is made for memories. For family, friends and feasting. With special recipes from Hidden Valley Ranch. It's the distinctive taste of our herbs and spices. They add an original touch to each recipe and every get-together. Make this summer a summer to remember. All it takes are these recipes from Hidden Valley Ranch, a little love, and you.

continued from page 128

Radishes

More than a salad ingredient, radishes cook up tender and sweet—still with "heat." As a relish, the vegetable goes haute.

RADISH RELISH

Lamb, chicken, and hot sausage sandwiches are perfect companions for this relish—

- **1 lb. radishes, cut up**
- **1 medium onion, quartered**
- **1 medium carrot, cut into 1-inch pieces**
- **2 Tbsp. whole allspice**
- **¼ tsp. whole cloves**
- **1 cup white vinegar**
- **¾ cup sugar**
- **¾ cup water**
- **1 tsp. mustard seed**
- **½ tsp. salt**

● **In a blender container** or food processor bowl combine *half* the radishes, *half* of the onion, and *half* of the carrot. Cover; blend or process till finely chopped. Remove from blender. Repeat with remaining vegetables.

● **For spice bag,** tie allspice and cloves in cheesecloth. In a 2-quart (low-wattage oven: 1½-quart) microwave-safe casserole combine vegetable mixture, spice bag, vinegar, sugar, water, mustard seed, and salt.

● **Micro-cook,** covered, on 100% power (high) for 7 to 9 minutes (low-wattage oven: 12 to 14 minutes) or till boiling. Stir. Cook, covered, on 50% power (medium) for 12 to 14 minutes (low-wattage oven: 100% power for 12 to 14 minutes) or till vegetables are tender, stirring twice.

● **Let stand, uncovered,** to cool. Spoon into airtight containers and freeze. *Or,* pack into hot, clean pint jars, leaving ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath for 15 minutes (start timing when water boils). Serve at room temperature or chilled. Makes 4 cups.

Nutrition information per tablespoon: *12 cal., 3 g carbo., 19 mg sodium, and 26 mg potassium.*





Greens

SPRING GREEN FRITTATA

- **4 oz. fresh spinach, sorrel, *or* arugula**
- **1 Tbsp. margarine *or* butter**
- **¼ cup sliced green onion**
- **6 beaten eggs**
- **⅓ cup light cream**
- **¼ tsp. salt**
- **Dash pepper**
- **½ cup shredded Swiss cheese (2 oz.)**
- **1 small tomato, seeded and chopped**

● **Wash and trim greens.** In 1½-quart microwave-safe casserole micro-cook greens, covered, on 100% power (high) 2 to 3 minutes till wilted. Drain. Chop; set aside.

● **In a 9-inch pie plate** cook margarine or butter, uncovered, on high 45 to 60 seconds or till melted; swirl to coat pie plate. Add onion and cook, uncovered, on high for 2 minutes. Spread greens evenly over onions.

● **Combine eggs,** cream, salt, and pepper; pour over greens. Cook, uncovered, on high 4 to 6 minutes or till eggs are set but still shiny, lifting cooked edges and letting uncooked portions flow underneath after every minute. Give pie plate half-turn after every minute.

● **Sprinkle with cheese.** Micro-cook, uncovered, on high 1 to 1½ minutes more or till cheese melts. Top with tomato. To serve, cut into wedges. Makes 4 main-dish or 8 appetizer servings.

Nutrition information per main-dish serving: *249 cal., 15 g pro., 4 g carbo., 19 g fat, 438 mg chol., 332 mg sodium, 339 mg potassium. U.S. RDA: 56% vit. A, 13% vit. C, 22% riboflavin, 23% calcium, 14% iron.*

continued on page 136

Reynolds® Oven Cooking Bags.

ROAST AND RELAXATION.

ROAST AND RELAXATION.

large (14″ × 20″) Reynolds Oven Cooking Bag
cup flour
can (8 oz.) tomato sauce
cup water
teaspoon instant beef bouillon
teaspoon salt
teaspoon pepper
lb. beef rump roast, boneless
medium carrots
medium onions
stalks celery, cut in 1 inch slices
medium red or green pepper, cut in 1 inch squares
new potatoes, whole

heat oven to 325°F. Shake ur in large size (14″ × 20″) ynolds Oven Cooking Bag; ce in 13 × 9 × 2-inch baking n. Roll down top of bag. Add nato sauce, water, instant uillon, salt and pepper; ueeze bag gently to blend. n fat from roast; place roast bag. Peel and quarter carrots l onions; add to bag with ery, red pepper and potatoes. n bag gently to coat ingre- nts with sauce. Close bag with on tie; make 6 half-inch slits op. Bake 1¾ to 2¼ hours or il tender. To serve, spoon vy from bag over roast and etables. Makes: 6 to 8 servings.

FREE recipes, write Reynolds Wrap Kitchens, Box C-32003, Dept. A-163, mond, VA 23261-2003.





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Real cooking. Why make it tough?


BIRDS EY



AS MUCH CALCIUM AS COTTAGE CHEESE



RE OF WHAT YOU EAT VEGETABLES FOR.

NUTRITION

Surprise. One serving of Birds Eye Spinach has as much calcium as one half cup of cottage cheese, and also provides plenty of vitamin A and C.

Birds Eye selects the finest spinach in the field. We pick it at its peak. Freeze it the same day. And seal it in a foil package to help preserve the nutrition, and keep freezer burn out.

TASTE

To assure that every forkful of Birds Eye Spinach tastes great, every forkful is picked and frozen the same day.

SERVING

Spinach Lasagna. For a delicious lasagna, that's lower in fat, substitute one package of Birds Eye Whole Leaf Spinach for meat. And use part-skim ricotta and mozzarella cheese.

BIRDS EYE

Whole Leaf Spinach



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Swanson Presents
Real Chicken
Real Easy.

Easy-Open Cans
Make It Even Easier.

CHICKEN FIESTA SALAD
Drain a 3-oz. can of Swanson Chunk Chicken. Mix with 1 tbsp. salsa and 1 tsp. salad oil. Spoon over shredded lettuce. Garnish with tortilla chips for South of the Border flavor in no time flat.

CHICKEN IN A POCKET
Split a 4-inch pita bread and line with greens. Drain a 3-oz. can of Swanson Chunk Chicken. Add 2 tbsp. oil and vinegar salad dressing and 2 tbsp. shredded carrot. Stuff pita and garnish with carrot curl. It's tasty, colorful and quick.

SWANSON

Swanson® Premium Chunk Chicken

Three Easy-Open Cans
Per Package.

continued from page 132

MICRO-COOKING VEGETABLES, PERFECTLY

● **Chop, chop**—When cutting vege bles, cube, slice, or chop them into ev size pieces. All vegetables micro-c more evenly if the cut-up pieces are same size.

● **In place**—Arrange the tender parts of the vegetables (such as cut paragus tips or broccoli flower toward the middle of the dish beca foods in the center cook more slo than foods at the edges.

● **Pierce some**—Whole vegetab with skin, such as potatoes and squa can burst when you micro-cook th That's why it's important to peel o strip of skin with a vegetable peeler to prick the skins with a fork seve times before cooking. This allows ste to escape during cooking.

● **Fork tender**—Test vegetables doneness by piercing them with a fo Most vegetables are ready to eat wh they're crisp-tender: that is, tender, still slightly firm to the bite. Some ve tables, such as peas, potatoes, and co should be micro-cooked until compl ly tender to rid them of any starc flavor.

OVEN WATTAGE CAN MAKE A DIFFERENCE

Microwave ovens cook at differ rates, depending on their wattage. ' higher the wattage, the faster a mi wave oven cooks. Once you know wattage of your microwave oven, yo have a better understanding of your en's cooking speed. The wattage ma listed on the back of your oven near Underwriters Laboratories seal or your owner's manual.

These recipes were tested in h wattage (600 to 700 watts) and l wattage (400 to 550 watts) ovens. If low-wattage cooking times differ fi the high-wattage cooking times, t appear in parentheses in the re methods.

TESTING YOUR OVEN'S WATTAGE

If you can't find the wattage for y oven, use this simple test to estim the number of watts. (This test w work if you live at a high altitude.)

In a 2-cup glass measure heat 1 tap water (about 70°), uncovered, 100% power (high). If the water boil less than 3 minutes, your oven pr bly has 600 watts or more of outpu the water takes longer than 3 min to boil, your microwave oven prob has fewer than 600 watts.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe we give important ıtrition information. The calorie unt of each serving and the amount, grams, of protein, fat, carbohydrate, olesterol, sodium, and potassium lp you keep tabs on what you eat. Also, you can check the vitamin and ineral levels per serving of each reci-. These are noted in percentages of e United States Recommended Daily lowance (U.S. RDA) whenever the lue exceeds 10 percent of the recom-ended amounts. (The U.S. RDAs are etary standards developed by the od and Drug Administration.) When a recipe is high in fiber, we'll clude grams of fiber per serving, too.

HOW WE ANALYZE

We omit optional ingredients from e nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

- When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed.

WHAT YOU NEED

- Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 23 to 50 years old (in general, moderately active males and teenagers need more calories):

- **Calories—2,000**
- **Protein—45 to 65 grams**
- **Fat—no more than 67 grams**
- **Cholesterol—no more than 300 milligrams**
- **Sodium—1,100 to 3,300 milligrams**
- **Fiber—20 to 30 grams**

- Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

00% NATURAL

NCLE BEN'S® Long Grain & Wild Rice starts with the finest long grain rice. It's combined with the highest quality wild rice. Then we add our special blend of herbs and seasonings. The result? A delicious-tasting, *100% Natural* side dish in four unique recipes.





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Limit 1 coupon per purchase, good only on product indicated. Customer pays any sales tax. Any other use is fraud. Void if altered, transferred or copied. RETAILER: To obtain face value plus 8c, submit this coupon to Uncle Ben's, Inc., Box 870152, El Paso, TX 88587-0152. Invoices prowing purchase of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown upon request. Cash value .01c. Void outside USA and where prohibited or taxed.

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens® can be obtained locally. For more information, write the manufacturers listed below.

DOWN THE GARDEN PATH

Pages 20–26: Concrete Pavers—UNI-Group U.S.A., 4362 Northlake Blvd., Suite 109, Palm Beach Gardens, FL 33410. Call: 1-800-USA-1UNI for manufacturer in your area.

PREBUILT HOME

Page 73 (*left*): Home manufacturer—Redman Homes, 3825 East Maine Ave., P.O. Box G, Eaton Park, FL 33840. **Shingles and insulation** — Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. **(*Right*): Chandelier**—Ken-Marc Sales, P.O. Box 188, Maspeth, NY 11378. **Carpet**—E'con Mills, Inc., 3114 Freeman Ave., Chattanooga, TN 37406. **Window treatment**—Haleyville Drapery of Lakeland, P.O. Box 24220, 2935 E. Main St., Lakeland, FL 33802. **Furnishings**—Evergreen Designs, Inc., 5181 US 98 North, Lakeland, FL 33809. **Interior design**—Designs by Virginia-House of Silk, 507 SW. 10th St., Ocala, FL 32670.

Page 74 (*left*): Manufacturer of home — Patriot Homes, Incorporated, 57420 CR 3 South, Elkhart, IN 46517. **Roof**—Owens-Corning Fiberglas (address above). **(*Right*): Cabinets**—Middlebury Hardwood Co., 58481 SR13, Middlebury, IN 46540. **Refrigerator**—General Electric, Appliance Park, Louisville, KY 40225. **Vent over cooktop**—Ventline, P.O. Box 629, Bristol, IN 46507. **Cooktop and wall ovens**—Magic Chef, Inc., 740 King Edward Ave., SE, Cleveland, TN 37311. **Countertop**—Patrick Industries, 1930 W. Lusher Ave., Elkhart, IN 46517. **Sink**—Polar Were Co., 2806 N. 15th St., Sheboygan, WI 53081. **Vinyl floor**—Armstrong World Industries, Incorporated, P.O. Box 3001, Lancaster, PA 17604. **Cabinet pulls**—GM, P.O. Box 1346, Elkhart, IN 46515. **Recessed fluorescent lights**—R.B. Gustafson, 57766 C.R. 3S, Elkhart, IN 46517. **Mini blinds**—Ascot, 53706 County Rd. 9, Elkhart, IN 46517. **Curtains**—Artisen, P.O. Box 701, Middlebury, IN 46540.

Page 75: Manufacturers top left to right—Redman Homes (address above). Liberty Homes, Inc., 1101 Eisenhower Dr., Goshen, IN 46526. Patriot Homes, Inc. (address above). Fairmont Homes Inc., P.O. Box 27, Nappanee, IN 46550.



NEW HOUSE ON THE BLOCK

Page 78: Windows and garage door—Pella Windows and Doors, 100 Main St., Pella, IA 50219. **Exterior paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115.

Page 79: Windows and patio door—Pella Windows and Doors (address above). **Patio furniture**—Allibert, 1744 Merchandise Mart, Chicago, IL 60654. **Skylight**—Moehl Millwork, Inc., 9943 Hickman Rd., Des Moines, IA 50322. **Exterior paint**—The Glidden Co. (address above).

Page 80: (*top left*): Bar stools—Taylor Woodcraft, P.O. Box 245, Malta, OH 43758. **Sofa and love seat**—Selig Mfg. Co., Inc., Leominister, MA 01453. **Fabric on pillows**—Kravet Fabrics Industries, 110 Crossways Park Dr., Woodbury, NY 11797. **Carpet,** "Gravel" — Philadelphia Carpet Co., Cartersville, GA 30120. **Vase, scalloped plate, pottery bowl on coffee table**—Expressions Exclusive Ceramics, 1751 28th St., West Des Moines, IA 50265. **Table lamp**—Crate and Barrel, 1510 N. Wells, Chicago, IL 60610. **Track lighting**—Lighting Bug Limited, 1721 W. 170th St., Hazel Crest, IL 60429. **Carousel horse**—S&S Wood Carvers, Incorporated, 5531 Cleon Ave., North Hollywood, CA 91601. **Interior paint**—Diamond Vogel, Industrial Air Park, Orange City, IA 51041. **(*Bottom left*): Dining room chairs**—Thonet Industries, 491 E. Princess St., York, PA 17405. **Patio furniture**—Allibert (address above). **Rug under table**—Expressions, 1751 28th St., West Des Moines, IA 50265.

Page 81: Coffee table—Lane Company, Incorporated, Altavista, GA 24517. **Chair**—Chodoff, Incorporated, 400 E. 59th St., New York, NY 10022. **Carpet,** "Seed pearl"—Stratton Industries Inc., P.O. Box 107, Cartersville, GA 30120. **Wallpaper border,** "Imperial"—Gear, Incorporated, 9 W. 29th St., New York, NY 10001. **TV**—Mitsubishi Electric Sales America, Incorporated, Consumer Products, 5757 Plaza Dr., P.O. Box 6007, Cypress, CA 90630-0007. **Window**—Pella Windows and Doors (address above).

Page 82: Ceramic tile on hearth and around fireplace — American Olean Tile Company, Division of Armstrong World Industries, 1000 Cannon Ave., Lansdale, PA 19446. **Interior paint**—Diamond Vogel (address above). **Vase on mantel and jar on hearth**—Spiegel, 1040 W. 35th, Chicago, IL 60609.

Page 83 (*top right*): Cabinets and hardware—Wood-Mode Cabinetry, Kreamer, PA 17833. **Coun-**

continued on page 139



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● **Ten days, 150 events.** San Antonio's excuse for a party, Fiesta San Antonio, fills the town with action-packed fun, April 20 through 29. Ninety-nine years old and going strong, the festival ropes in the crowds with a mind-boggling array of activities, including a Mexican rodeo, a bluegrass hoedown, and three spectacular parades. The River Parade lights up the night with gaily decorated barges that transport mariachis, merry makers, and fiesta queens down the city's trademark river. *512/227-5191.*



PHOTO: FIESTA SAN ANTONIO COMMISSION, AL RENDON

Three colorful parades, including one on the river, highlight Fiesta San Antonio.

● **Cherry-blossom time.** Cherry blossoms grace trees for mere days before spring breezes carry them off, repre senting the ultimate transience of life Or so they say in Japan. But don't ex pect lots of talk of symbolism at th Cherry Blossom Festival in San Fran cisco's Japantown, April 20 to 22 an 27 to 29. Instead, stand by for one of th most elaborate expressions of tradition al Japanese culture this side of the Pa cific Ocean. Classical and folk dances the rhythmic sounds of *taiko* drums cooking demonstrations, a food bazaar a colorful grand parade, and specia children's activities keep the actio lively. *415/563-2313.*

● **The Russians are coming, and it' going to be a circus.** Trained bears a the ballet barre, cossacks dancing i the air, a daredevil horseman, and clown in giant Russian boots. Wha

TRAVEL PLANNING

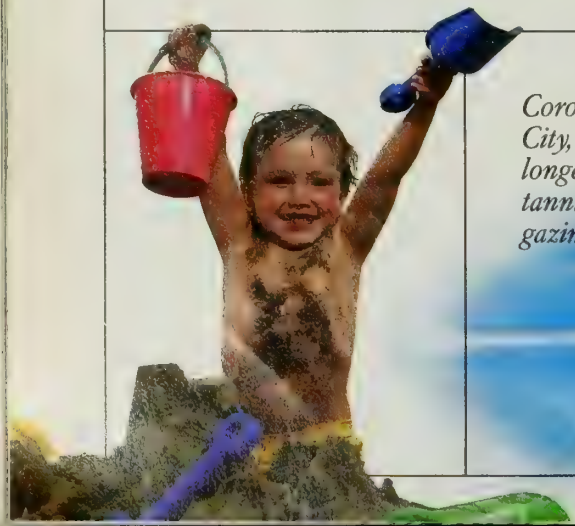
See *page J6* for a listing of free travel information and literature you can order.

Careful. Don't spill this ac

There's enough fresh water in The Californias to float a million vacations.

1,000 miles of houseboating, water-skiing and spinnakering on The Delta. White water ra on the Klamath, Kern and American Rivers. Mineral baths, mineral waters, geysers. Windsurf scuba, snorkeling. Sleepy Sierra lakes and swift, cold streams.

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Want to learn the ropes? Arrowhead, Tahoe or just about anywhere in Lake County will do.



If you don't own these off-road ve don't worry. You rent them on the Sacramento or Tuolumne River

could this be except the world-famous Moscow Circus? As part of its 26-city tour, sponsored by American Express, the circus visits Phoenix, April 11 through 15 (*602/829-5555*), and Denver, April 18 to 22 (*303/290-8497*).

● **A many-cultured affair.** If you thought English smocking, boot making, or German scissor cutting were lost arts, take time for the Arizona Heritage Fair and Preview, April 16 through 29. This cross-cultural, intergenerational annual event draws artisans representing as many as 30 different cultural groups, all of them Arizonans. During the two-week preview, selected cultures exhibit and demonstrate in downtown Phoenix. Then everyone joins in for the final weekend. Stroll through the fair and touch cultures from all over the world. *602/261-1005.*

● **Crab lover's delight.** No doubt about it, the star attraction of the Great Astoria Crab Feed and Seafood Festival, April 27 to 29, is the indigenous Dungeness crab. When you're not feasting on boiled crab, you can taste wine, ride a Ferris wheel, or even charter a fishing boat. All in Oregon's most northern coastal town. *503/325-6311.*



COURTESY OF AMERICAN EXPRESS

Kids especially enjoy the dancing bear at the Moscow Circus, now on a 26-city tour.

SHORT TAKES AND TIPS

News and notes to boost your travel plans

● **Wine country.** For something a little different in wine country touring, visit the Valley Oaks Food and Wine Center in Mendocino County. Fetzer Vineyards purchased the historical Valley Oaks Ranch and has transformed part of it into a four-acre, organic, experimental garden. More than 1,000 varieties of fruits, vegetables, herbs, edible and ornamental flowers, along with heirloom plants, grow there. Take a self-guided tour or, better yet, a guided one so you'll get to taste as you stroll, comparing, say, the six varieties of basil or 40-some types of tomatoes and melons. You can even stay at the center in limited bed and breakfast accommodations and attend informative

continued on page J5



California has more pools than Minnesota has lakes. (And this one's shaped like a picnic.)

How to make a white-water rafting trip: Open one large roller coaster, add water and stir.

The Californias®

To get your free 196-page Discover The Californias Travel Guide, call toll-free 1-800-TO-CALIF, ext. B3052. Or write the California Office of Tourism, P.O. Box 9278, Dept. B3052, Van Nuys, CA 91409.

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Don't miss a thing.

continued from page J3

cooking seminars in the demonstration kitchen. For information and reservations: ***P.O. Box 611, Dept. BHG, Hopland, CA 95449; 707/744-1250.***

● **Soaking up Nevada's hot springs.** Natural hot tubs abound in Nevada, one of the more active geothermal states in the country. Though only a few of the hot mineral-water springs have been turned into full-blown resorts, many small, undeveloped sites throughout the state provide ample opportunity for a rustic dip. For help in planning a visit, including directions to some of the secluded, off-the-beaten-track hot pools, contact the ***Nevada Commission on Tourism, Capitol Complex, Carson City, NV 89710; 800/237-0774.***

● **The play's the thing, for kids.** The Kennedy Center's Imagination Celebration offers live theater programming for young people. Originating in Washington, D.C., it also travels to several western cities this spring. Seattle, Dallas, Colorado Springs, Orange County, Portland, and San Francisco all will host special performing arts productions aimed especially at children. For a schedule of events call ***800/444-1324.***

● **Travel with Kids.** *Getaways,* a new travel newsletter, aims at people who put a premium on family-oriented vacations. The quarterly newsletter contains tips on the best destinations for parents and children, seasonal values at hotels, good resorts for the holidays, and celebrations the whole family can enjoy together.

The brainchild of Kathryn Camicia, a psychologist, and Brooke Kane, a former *National Geographic Society* editor, *Getaways* covers both domestic and international travel. An annual subscription costs $25. Write ***Family Vacations, Box 11511, Dept. BHG, Washington, DC 20008. 703/534-8747.***

SAN DIEGO FOR KIDS

Parks, beaches, museums, and Shamu

With weather made for vacationing—sunny days and temperatures in the 70s—it's little wonder that millions of families flock to California's seaside San Diego each year. If you plan to take your children, consider making time for these highlights.

● **Beaches.** Seventy miles of beaches and two protected bays mean you won't lack for opportunities to take a dip. But, of course, there's much more to do besides stretching out on the sand and soaking up the rays. You can make waves scuba diving, sport fishing, parasailing, sailboarding, and sailing. Kids may prefer renting boogie boards or surfboards, or even taking a seaside bike ride.

For the full Southern California experience, you need to lace on roller skates. The young set does its rolling along Mission Bay.

● **Sea World.** Pet a dolphin, inspect a starfish, and certainly say hello to Shamu and Baby Shamu, the most famous of the inhabitants, when you visit Sea World. Also located on Mission Bay, the 135-acre marine park enchants visitors with penguins, sea lions, otters, and walrus.

● **San Diego Zoo.** The city's most renowned attraction, this tropical garden zoo added a new exhibit, Sun Bear Forest, last year. Home to Malayan Sun Bears, lion-tailed macaques, and 15 bird species in an Asian rain forest, the Sun Bear Forest marks the third in a series of new constructions that eventually will reorganize the world-famous zoo into 10 climate zones, with animals and plants grouped accordingly.

● **Balboa Park.** Every day, the 100-bell carillon chimes each quarter hour from the California Tower, a landmark in the 1,000-acre downtown park which is home to a host of museums, galleries, theaters, sports facilities, and the zoo. At the Natural History Museum, kids get a close-up of desert life in the desert hall. Budding scientists—and their parents—take to the hands-on exhibits at the Reuben H. Fleet Space Theatre and Science Center.

● **Theater.** Adults choose from an array of first-rate Broadway and regional productions, while the kids delight in the Junior Theatre, where pint-size performers entertain the preteen and teen crowd. Younger children get a kick out of Punch and Judy at the Marie Hitchcock Puppet Theater in Balboa Park.

For help in planning a trip, contact: ***International Visitor Information Center, 11 Horton Plaza, 1st Ave. and F St., Dept. BHG, Horton Plaza Shopping Center, San Diego, CA 92101; 619/236-1212.***

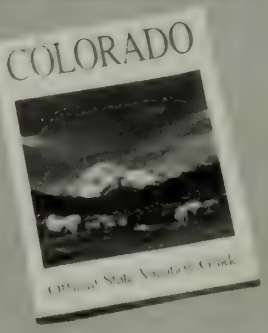
—By Kathryn Stechert Black

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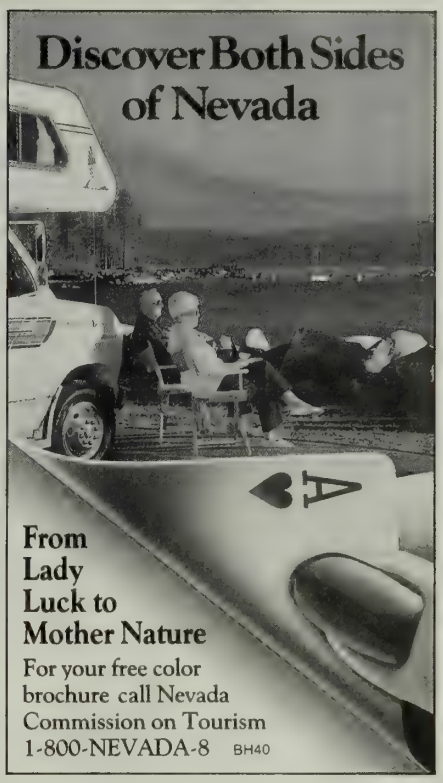
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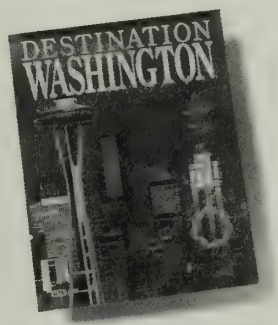
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WASHINGTON

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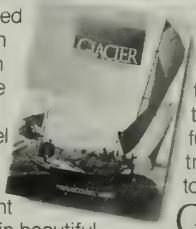
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ELEGANT GREEK ENTRÉE

EASY TO MAKE AHEAD, GUARANTEED TO DELIGHT

BY BARBARA JOHNSON

Garlic, olive oil, phyllo, feta, and grape leaves bespeak the essence of Greek cuisine. This robust entrée is a tasty way to marry them. Follow our photos to sure success, then feature the results at your next dinner.



SCOTT LITTLE

Chicken and Grape Leaves in Phyllo. Irresistible!

CHICKEN AND GRAPE LEAVES IN PHYLLO

Look for grape leaves in your store's gourmet section—

- ¾ cup sliced mushrooms
- 2 cloves garlic, minced
- 2 tsp. olive oil
- 4 large pickled grape leaves *or* ½ of a 10-oz. pkg. frozen chopped spinach
- ¾ cup crumbled feta cheese
- ¼ tsp. dried mint, crushed
- ¼ tsp. dried thyme, crushed
- ¼ tsp. dried sage, crushed
- 8 sheets frozen phyllo dough (18x14-inch rectangles), thawed
- ⅓ cup margarine *or* butter, melted
- 2 whole medium chicken breasts (1½ lbs. total), skinned, boned, and halved lengthwise

Cook mushrooms and garlic in oil 4 to 5 minutes or till tender. Set aside.

Remove and discard any stems from grape leaves; rinse. Stack and roll up leaves tightly, as for jelly roll. Cut into ⅛-inch-thick slices, then crosswise into pieces (photo A). If using spinach, thaw; drain, squeezing out liquid.

For filling, in a bowl combine mushroom mixture, grape leaves or spinach, cheese, mint, thyme, and sage.

Using *four* phyllo sheets and *half* the margarine or butter, brush each sheet generously with margarine, then stack sheets (see photo B). (Keep remaining phyllo covered with a damp dish towel while working.) Cut stack in half, forming two 14x9-inch rectangles. Place a chicken piece at one of the short ends of *one* phyllo rectangle, tucking under narrow tip of chicken breast. Top with a *fourth* of the filling. Starting at chicken end, carefully roll up (see photo C). Brush end and sides of phyllo with more margarine; fold under to seal. Place, seam side down, on a rack in a 13x9x2-inch baking pan (make sure sides of rolls don't touch). Repeat with remaining ingredients. Brush remaining margarine over rolls. If desired, cover tightly; chill up to several hours. Bake in 375° oven 30 minutes (35 minutes for chilled rolls) or till chicken is tender and phyllo is golden. Serves 4.

Nutrition information per serving: *415 cal., 32 g pro., 13 g carbo., 26 g fat, 91 mg chol., 619 mg sodium, and 2 g dietary fiber. U.S. RDA: 63% vit. A, 13% vit. C, 13% thiamine, 26% riboflavin, 66% niacin, 17% calcium, 15% iron, and 32% phosphorus.*

STEPS TO SURE SUCCESS



A. SLICE THE GRAPE LEAF ROLL, then cut into small pieces. You should have about ¼ cup grape leaves.



B. BRUSH MARGARINE over phyllo, then stack sheets. Cover remaining phyllo to prevent drying out.



C. FOLD END OF PHYLLO STACK over chicken piled with filling. Then, starting at that end, roll up. BH&G

988 Kraft, Inc.





The wholesome snack kids make their own.

WELCOME WEEKEND BREAKFASTS

FANTASTIC BEGINNINGS

On the weekend, a home-cooked breakfast sounds appealing, especially with recipes as easy to fix as these.

ORANGE FRENCH TOAST

Thick bread slices soak up lots of orange juice flavor—

2 eggs
½ cup orange juice
1 tsp. brown sugar
5 to 6 slices French bread, cut ¾ inch thick
1 to 2 tsp. cooking oil
Maple-flavored syrup

In a small bowl combine eggs, juice, and brown sugar.



SCOTT LITTLE

Orange French Toast: Include fresh fruit and Canadian bacon for a perfect weekend family breakfast or brunch.

Beat with a fork till we combined. Transfer the mi ture to a pie plate. Dip brea into egg mixture, turning t coat both sides. Let brea stand in egg mixture abou 30 seconds *per side* or ti thoroughly soaked.

In a skillet or on a griddl cook bread on both sides i oil over medium heat for 2 t 3 minutes on each side or til golden brown. Serve wit syrup. Makes 5 to 6 slices.

Nutrition information per slices: *341 cal., 9 g pro., 61 carbo., 7 g fat, 185 mg chol 355 mg sodium, and 1 g di etary fiber.*



Seven of these peaches aren't good enough for S&W

At first glance, each peach looks perfect. But to the experienced eye of an S&W buyer, there are subtle differences. One peach, for example, has a slight blemish near the stem. (It's nearly invisible, but it's there.) There's a small soft spot on another. The color of a third isn't quite uniform. And so on.

The fact is, there's only one peach in the picture that has nearly perfect size, color, and texture. It happens to be the second from the left. So it's the only one that has a chance of being selected for S&W.

But only a chance. Because the final test comes a the peach is sliced and ready for canning. That's when our buyers take another careful look. Judging the color just the right shade of orange-gold. Measuring the firm ness. Making sure the pieces are uniform and unbroke Out of every season's peach crop, only a few can surv this rigorous selection process. And only those few will ever appear at your store with the S&W label.

Naturally, we're just as fussy about all the other fruits we sell. Like our Bartlett pears, apricots, mandari

THE BEST. ALL THE TIM

SCRAMBLED EGGS DELUXE

We lowered cholesterol in this classic egg dish by using more egg whites than egg yolks—

4 eggs
4 egg whites
¼ cup milk
¼ tsp. salt
¼ tsp. dry mustard
¼ tsp. dried basil, thyme, *or* Italian seasoning, crushed
⅛ tsp. pepper

• • •

1 4-oz. can sliced mushrooms, drained
2 Tbsp. chopped pimiento

• • •

Nonstick spray coating
¼ cup sliced green onion

In a medium mixing bowl combine eggs, egg whites, milk, salt, mustard, dried herb, and pepper. Beat with a rotary beater, fork, or whisk till well combined. Stir in the sliced mushrooms and pimiento; set aside.

Spray an 8-inch skillet with nonstick spray coating. Preheat the skillet over medium-high heat till a drop of water sizzles when added to the skillet. Add the green onion; cook for 1 minute or till tender. Add egg mixture to skillet. Cook, without stirring, over medium heat till mixture begins to set on the bottom and around the edge. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or till eggs are cooked throughout but are still glossy and moist. Remove from the heat *immediately.* Serve at once. Makes 3 servings.



Scrambled Eggs Deluxe: For hearty appetites, serve with hash brown potato patties and turkey sausage.

Nutrition information per serving: *153 cal., 14 g pro., 8 g carbo., 8 g fat, 368 mg chol., 492 mg sodium, 266 mg potassium, 1 g dietary fiber. U.S. RDA: 19% vit. A, 13% vit. C, 23% riboflavin.*



an you find the one that is?

nges and fruit cocktail. And our Natural Style fruits, tly sweetened and packed in their own fresh juice. ey're an original S&W idea.)

Your family will appreciate the special touch W quality adds to any meal. And you'll appreciate fact that our fruits are just what we've mised every S&W product would be, e 1896: The best. All the time.



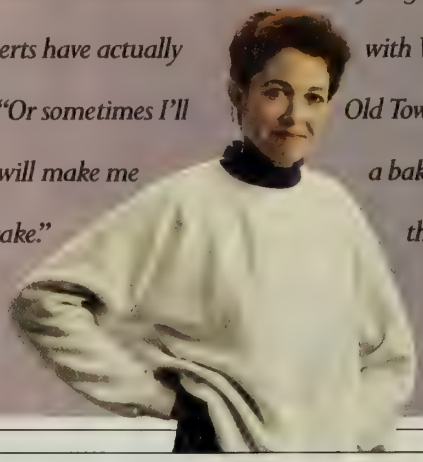
S&W®

Amy Pressman on Baking with Butter:

"I'VE OFTEN DREAMED OF PASTRIES, BUT I'D NEVER DREAM OF BAKING THEM WITHOUT BUTTER."



Amy Pressman is a baker. And a dreamer. Visions of pastries and desserts have actually come to her in her sleep. "Or sometimes I'll see a sweater on somebody and it will make me think of a fun way to do a cake." Amy has been baking for nearly half her life. She spent 3 years as a pastry chef with Wolfgang Puck at Spago and now operates the Old Town Bakery in Pasadena. "It's fun to run a bakery. My husband is a lawyer. Nobody thinks lawyers are fun. But everybody loves a baker." When



u taste one of Amy's delicious
ations, it's easy to see why.

Like all artists, Amy is meticulous about her art
m. Everything she makes is natural. No
ificial ingredients. She
an't even bring herself to artificially color cake
frostings. So when she bakes, she bakes
with butter. "I couldn't produce the
kind of quality pastries I do without
butter. In fact, you shouldn't even
be able to say the word 'pastry'
less it's made with butter."

There are butter substitutes, but according to Amy,
nothing comes close to the flavor
of real butter. "Why
uld I use something phony, when
so easy to use something good in
deration?" It doesn't take
ch butter to add flavor and
ture to what you bake. What's more,
ter has no more calories than margarine.

Amy dreamed up this scrumptious recipe for
wn Butter Muffins. You can bake them at home

BROWN BUTTER MUFFINS

1 vanilla bean*
⅓ cup butter
2 whole eggs
egg whites from
3 large eggs
1 cup and 1 tsp. sugar
¾ cup milk
1 T baking powder
2½ cups all-purpose flour
2 cups fresh berries (such as blueberries, raspberries, or blackberries). If fresh berries aren't in season you can use frozen.

Generously grease muffin pan. Slice vanilla bean in half lengthwise and scrape out seeds. Place bean pod and scrapings in medium saucepan with butter. Heat until butter browns. Remove pan from heat and allow butter to cool completely. Discard pod. In a mixer combine eggs, 1 cup sugar, milk and browned butter. Sift flour and baking powder together and add to egg mixture until just combined—no more. Add desired variety of berries. Scoop batter into muffin tin. Sprinkle tops with 1 tsp. sugar and bake at 375° for 20 minutes. *You can find vanilla beans in most supermarkets or gourmet shops or you can substitute 1 tsp. vanilla extract. Makes eighteen muffins.

with the natural goodness of butter. As Amy says, "Everybody loves a baker." And everybody loves the flavor of real butter.

© 1989 CMAB

REAL BUTTER

HOMEMADE ICE CREAM

CLASSIC RECIPE FOR TODAY'S NEW FREEZERS

Delicious! This ice-cream recipe is one of our favorites. Plus, it's ideal for the now-popular 1- to 2-quart ice-cream freezers.

VANILLA CUSTARD ICE CREAM

Make our traditional vanilla custard or try one of the two easy variations—

½ cup sugar
1 envelope unflavored gelatin
3 cups light cream
1 beaten egg
1½ tsp. vanilla

In a large saucepan combine sugar, gelatin, and dash *salt*. Stir in *half* the cream. Cook and stir over medium heat till mixture almost boils and sugar and gelatin dissolve. Stir *1 cup* of the hot mixture into beaten egg; return all to saucepan. Cook and stir 2 minutes more. Cool. Add remaining cream an vanilla. Freeze in a 1½- to 2-quart ic cream freezer according to manufa turer's directions. Makes about 1 quar

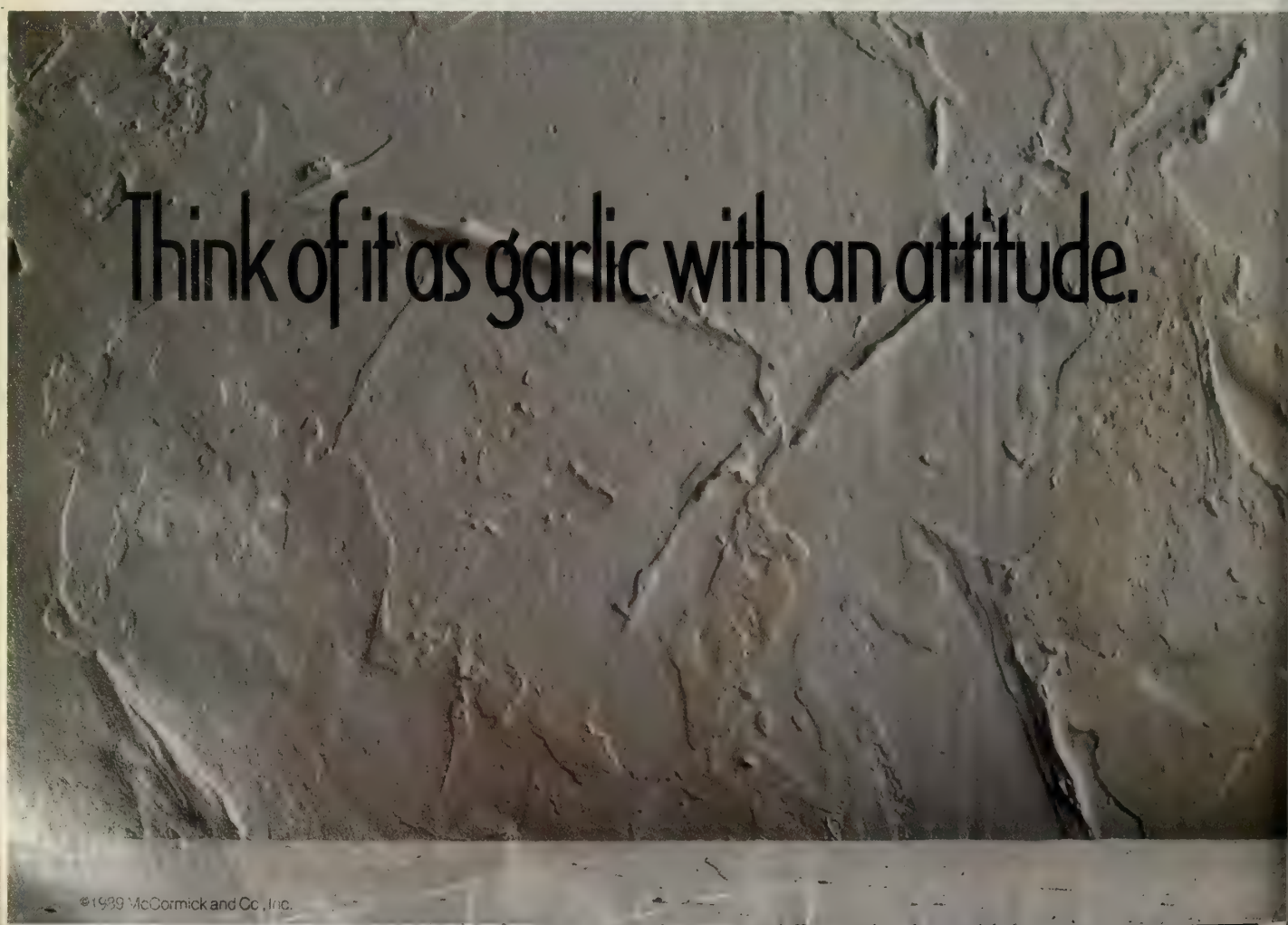


Make super sundaes with fudge sauce and cherries atop ice cream.

Coffee Ice Cream: Prepare Vanill Custard Ice Cream as directed, *excep* stir 2 teaspoons *instant coffee crysta* into mixture just before cooling. Cor tinue as directed.

Cherry-Nut Ice Cream: Prepar Vanilla Custard Ice Cream as directe *except* add ⅓ cup chopped *walnuts*, ½ cup chopped *maraschino cherries*, and tablespoon *maraschino cherry juice* t cooled mixture. Continue as directed.

Nutrition information per ½ cup Vanill Custard Ice Cream: *240 cal., 4 g pro., 16 carbo., 18 g fat, 95 mg chol., 62 mg sod um, 120 mg potassium. U.S. RDA: 14% vit. A.*



FESTIVE IRISH SODA BREAD

CONFETTI SODA BREAD—JUST STIR IT TOGETHER AND BAKE

Our compliments to the Irish cooks who gave us soda bread. This pebbly-topped bread leavened with baking soda and buttermilk is more like biscuits than bread. It's great with soup!

CONFETTI SODA BREAD

This version uses mixed dried fruit bits instead of the traditional raisins—

- **2 cups all-purpose flour**
- **1 Tbsp. sugar**
- **1½ tsp. baking powder**
- **1 tsp. baking soda**
- **¼ cup margarine *or* butter**
- **1 6-oz. package mixed dried fruit bits**
- **1 cup buttermilk**
- **Milk**



SCOTT LITTLE

Serve slices of soda bread warm.

In a large mixing bowl stir together the flour, sugar, baking powder, baking soda, and ¼ teaspoon *salt*. Use a pastry blender or a fork to cut in margarine or butter till the pieces are the size of coarse crumbs. Stir in the fruit bits and the buttermilk.

Knead the dough on a floured surface for 10 to 12 strokes. Shape into a ball. Place dough on a greased baking sheet. Flatten slightly to form a 6-inch circle with a slightly mounded center. Brush top and sides of the dough with milk. Cut a ½-inch-deep cross in the top of the dough. Bake in a 325° oven for 55 to 60 minutes or till golden. Serve bread warm, cut into wedges. Makes 1 loaf (8 servings).

Nutrition information per serving: *232 cal., 5 g pro., 40 g carbo., 6 g fat, 15 mg chol., 355 mg sodium. U.S. RDA: 10% vit. A, 14% thiamine, 10% iron.* BH&G



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NEW

MISTY SLIMS

A splash of fashion.



SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Not available in some areas.

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HOW TO REPLACE A BROKEN SASH CORD

PUT A WINDOW BACK TO WORK

When a double-hung window sash refuses to go up—or stay up—chances are pretty good that one of its cords has snapped. Once you know how the system works, you can string a new cord in an hour or so. And while you have the window disassembled, you can replace the other cords as well.

A WEIGHTY MATTER

Study the cutaway drawing and you can see how an old-fashioned double-hung window works. The cords connect to weights that ride up and down in pockets behind the jambs on each side of the frame. One set of weights helps you lift the lower sash; another set, behind the first, keeps the upper sash closed. As you slide the window open, the weights also hold each sash at any position you choose.

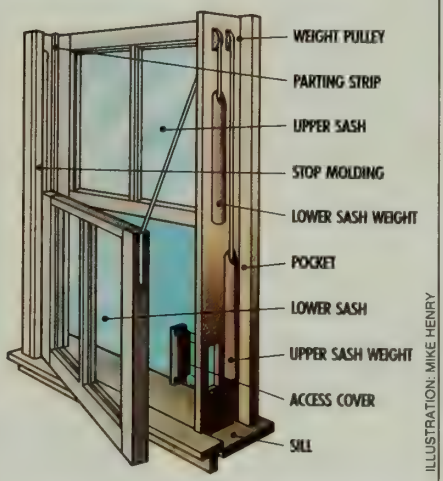


ILLUSTRATION: MIKE HENRY

Weights, concealed in pockets, counterbalance double-hung sashes.

EASY DOES IT

Replacing the cords is a simple operation, but it's best to work slowly and deliberately so that you don't damage the window casing. You'll need a putty knife, a small screwdriver, a pair of scissors, and a hammer.

● **Pry away the stop molding** at one side. Use a putty knife and work carefully, prying at several points so you don't break the molding. Take extra care if you're working with a vintage sash; old wood cracks or splinters easily after years of exposure to direct light and to variations in temperature and humidity. If the sash is painted, you may have to chip away the old paint and retouch later.

With the molding off, the lower sash will swing out easily. To free the upper sash, remove the lower one and pry out the parting strip.

● **Unhook the sash cords** from keyed slots in the sides of the sash. If there's still a weight attached to the cord, lower the weight until it sits on the sill at the bottom of the pocket.

● **Unscrew access covers** on each jamb. These may be obscured by dirt or old paint. Tapping with a hammer or screwdriver handle usually cracks them loose.

With a cover off, you can reach inside, pull out a weight, and cut or untie its cord. Pull the cord free, but don't throw it away just yet.

● **Cut new sash cord** about 6 inches longer than the old one. Be sure you use durable, tightly twisted sash cord, not ordinary rope. If your window has metal pulleys with wide grooves, consider replacing cords with sash *chain*, which is all but indestructible.

Feed the cord or chain over the pulley and down into the pocket. When the cord reaches the access hole, pull it out and tie it to the weight. Put the weight back into the pocket.

● **Knot the other end of the cord,** pull the weight to the top of the pocket, lower it about 2 inches, and slip the knotted cord into the keyed slot in the side of the sash.

● **Swing the sash back into place** and replace the stop molding or parting strip. Check that the weights don't bottom out in the pockets before screwing the access covers back into place.



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Masked-off sponging keeps the paint under control. Lay strips of masking tape at intervals and sponge through the gaps to create stripes.

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To prepare a cast-off chair, stretch artist's canvas over the seat and prime it with gesso; prime the wood surfaces with an enamel undercoat. Coat the chair with semigloss latex paint and its seat with a contrasting color. Allow to dry.

FREESTYLE SPONGING

Mark a horizontal and vertical line across the seat. Place two tablespoons of latex paint on a plate; press a 3-inch water-dampened sponge into the paint and practice sponge-prints on newspaper. Matching sponge corners to lines, print a square at chair center. Working outward and matching opposing sponge corners to lines, print squares as shown in photograph (*above top*), leaving ½-inch gaps between prints. Cover remaining surface with squares. Sponge chair-back prints as shown.

MASKED-OFF SPONGING

For this table design, prepare a tabletop with white enamel undercoating.

● **Mark borders.** With painter's tape, mask off the borders and paint them coral. Allow to dry. Mix 2 tablespoons of white enamel with 1 tablespoon of coral. Press a sea sponge into paint and dab over the borders, creating a light texture.

Remove tape and allow paint to dry. Mask off table center and paint it lavender. Allow to dry.

● **Mark blocks** across tabletop center with a pencil. Use the freestyle-sponging method to stamp a turquoise triangle on one corner of each block. Use random placement, grouping triangles together along borders or at intersections.

● **Tape off edges** of several nonadjoining blocks. Following the line of the triangles within the blocks, tape across blocks diagonally at random intervals, leaving open spaces (*above*). Sponge turquoise paint over openings. Remove tape; allow to dry. Repeat for remaining blocks.

Photographs: Hopkins Associates. Design: Rebecca Jerdee



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HONEY-LEMON MUFFINS

Nonstick vegetable spray
1 cup all-purpose flour
½ cup whole wheat flour
1 tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
1 beaten egg
½ cup honey
½ tsp. finely shredded lemon peel
¼ cup lemon juice
¼ cup margarine, melted

Spray muffin cups with nonstick vegetable coating or line with paper baking cups; set aside. Stir together flours, baking powder, baking soda, and salt. Make a well in the center. Combine egg, honey, lemon peel, lemon juice, and margarine; add all at once to flour mixture. Stir just till moistened. Fill prepared muffin cups ¾ full. Bake in a 375° oven 18 to 20 minutes. Remove from pans. Serve warm. Makes 10.

Nutrition information per muffin: *166 cal., 3 g pro., 29 g carbo., 5 g fat, 27 mg chol., 193 mg sodium, 1 g fiber.*

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ENVIRONMENT

DISPOSING OF FURNITURE STRIPPERS

Dos and don'ts for a safer environment

USE THEM UP IF POSSIBLE

Furniture strippers are flammable and toxic chemicals. That means they can be ignited at almost any temperature. They may also cause injury or death if ingested, absorbed, or inhaled.

These chemicals can contaminate groundwater supplies, so don't pour them on the ground, down toilets, sewers, or sinks, or throw them in the garbage. Use up leftover furniture strippers or give them to someone who can. Otherwise, follow manufacturers' disposal suggestions. Or, ask your environmental or public health agency if there is a local hazardous waste program.

BUILDING

TIPS, TOOLS, AND TECHNIQUES

This is your column. It's the best of shop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See the box below for further details.

SHOO, SHOWER SCUM!

Can't get rid of built-up scum on your shower stall's tile floor? Lay a rubber drain stopper over the drain and top with a heavy object. Fill the bottom of the shower with water and add 1 gallon of generic-brand vinegar. Let stand for at least three or four hours. Scrub with a brush, then drain, rinse, and dry.

Anita Zirkelbach, Temple, Tex.

MAGNETIC SOLUTION

Use a dressmaker's magnet to hold screws or metal bits while assembling or repairing an object. If the screws or bits roll away and hide in cracks or the carpet, brush the magnet over the surface to retrieve them.

Joan F. Thomas, Great Falls, Va.

COOL WALLPAPER TOOL

If you don't have a water tray for soaking prepasted wallpaper, use a 48-qt. cooler. It's just long enough for the roll of wallpaper. Because the cooler is insulated, the water stays warm for hours.

Denise Rowbotham, Fanwood, N.J.

SEND US YOUR TIP

Mail your tip to Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We can't acknowledge or return letters. But if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

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continued from page 138

tertop around sink—Du Pont-Corian, Solid Service Products, Du Pont Company, Room G50990, Wilmington, DE 19898. **Countertop**—Formica Corporation, 155 Route 46 West CN-980, Wayne, NJ 07474-0980. **Sink**—Franke, Incorporated, Kitchen Systems Division, 212 Church St., North Wales, PA 19454. **Faucet**—Rapetti Faucets, George Blotcher Limited, Zero High St., Plainville, MA 02762. **Disposal**—In-Sink-Erator Company, Division of Emerson Electric Company, 4700 21st St., Racine, WI 53406. **Hanging lights**—Lighting Bug Limited (address above). **Cooktop and downdraft**—Thermador/Waste King, 5119 District Boulevard, Los Angeles, CA 90040. (***Bottom right***): **Cabinet hardware and wood countertop inlay**—Wood-Mode Cabinetry (address above). **Cooktop and downdraft**—Thermador/Waste King (address above). **Microwave**—Panasonic Company, One Panasonic Way, Secaucus, NJ 07094. **Oven**—Whirlpool Corporation, 2000 US 33 North, Benton Harbor, MI 49022. **Blue and white tile**—Impotile, P.O. Box 220, Markham, IL 60426.

Page 84 (*top left*): Ceramic tile floor/tub platform—American Olean Tile Company, Division of Armstrong World Industries (address above). **Towels,** "Regency stripe," **wallpaper,** "Bembridge"—Laura Ashley, Inc., 714 Madison Ave., New York, NY 10021. **Whirlpool tub**—Aqua Glass, P.O. Box 412, Adamsville, TN 38310. **Whirlpool tub faucets**—Rapetti Faucets (address above). **Mini blinds**—Hunter Douglas, Incorporated, 20 Campus Rd., Totowa, NJ 07512. **Mirrored bifold doors**—Moehl Millwork Incorporated, 9943 Hickman Rd., Des Moines, IA 50322. **Track lighting**—Lighting Bug Limited (address above). (***Bottom left***): **Window**—Pella Windows and Doors (address above). **Ceiling fan**—Beverly Hills Fan Company, 12612 Raymer St., North Hollywood, CA 91605. **Wallpaper border,** "Imperial"—Kinney Distributors, 23645 Mercantile, Cleveland, OH 44122. **Interior paint**—Diamond Vogel (address above). **Carpet**—Philadelphia Carpet Company (address above). **Window coverings**—Hunter Douglas, Incorporated (address above).

Page 85: Ceiling fan—Beverly Hills Fan Company (address above). **Headboard and side tables**—Wood-Mode Cabinetry (address above). **Window**—Pella Windows and Doors (address above). **Twig chair**—Expressions (address above). **Swinging wall arm lamps**—Gatco, 1550 Factor Ave., San Leandro, CA 94577. **Carpet,** "Gravel"—Philadelphia Carpet Company (address above). **Telephone**—Sony Corporation of America, 4737 Van Dam, Long Island City, NY 11101. **Green vase on headboard**—Spiegel (address above). **Pleated shades**—Hunter Douglas, Incorporated (address above). **Interior paint**—Diamond Vogel (address above). **Wood shutters**—Ohline Corporation, 1930 W. 139th St., Gardena, CA 90249. **Comforter, pillow cases**—Laura Ashley, Inc. (address above).

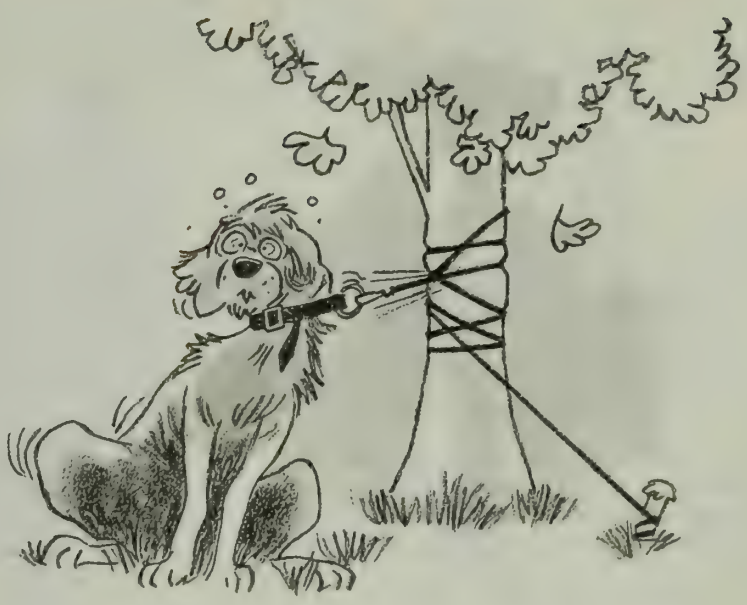
BEAUTY AND THE BUDGET

Page 63: Tablecloth fabric, "Jamaica"—Waverly Decorative Fabrics, 79 Madison Avenue, New York, NY 10016.

Page 64: Floral fabric, "Jamaica"—Waverly Decorative Fabrics (address above).

Pages 66–67: Floor covering—Armstrong Sundial Solarian, P.O. Box 3001, Lancaster, PA 17604. **Laminate countertop,** "Frosty White,"—Wilsonart, 600 General Bruce Dr., Temple, TX 76501.

Pages 68–69: Wall covering, "Lasting Impressions"—Essex, 442 N. Wells, Chicago, IL 60610.



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Page 117 (*right*): Footed glasses—Wiliams-Sonoma, 100 North Point Street, San Francisco, CA 94133. (***Left***): **Cup**—"Ultra Stone Beige"—Mikasa, 41 Madison Avenue, New York, NY 10010. **Plate with cake slice**—Barneys, 7th Avenue & 7th Street, New York, NY 10011.

Page 118 (*left*): Knife and fork, "Web"—Sasaki, 41 Madison Ave., New York, NY 10010. **White plate,** "Statement"—Dansk International Designs Limited, Mount Kisco, NY 10549.

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NEW HOUSE ON THE BLOCK
Yesterday's Look, Today's Perk

Pages 78–85: Architectural designer—Ann Patterson Martinez, City Design, 208 4th Street, West Des Moines, IA 50265.

DOWN THE GARDEN PATH

Pages 20–26: Designers and Landscape Architects—Rich Cashmere, The Plant Man, 1350 Broadway, Sonoma, CA 95476. Conni Cross Garden Design, Main Road, Cutchogue, NY 11935. Bill Hardyzer, B & H Builders, 31 Sunset, Kensington, CA 94707. Karen Kees Garden Design, 12819 Selma Court, Poway, CA 92064. Jeffrey Law and Associates, 2435 Wilbur Avenue, San Diego, CA 92109. Diane McConnell, 248 Mountain Road, Stanfordville, NY 12581.

BEAUTY AND THE BUDGET

Pages 63–67: Interior Designer—Joni Brooks Ruff, 1630 SE. Rex, Portland, OR 97202.

ANIMAL HOUSE

DECORATING IDEAS FOR PETS

Pets are people, too! Okay, at least it's fun to treat them as if they are. Here are some functional and just-plain-fun ideas for making your house their home.

BY SANDRA S. SORIA





FLOWER-POWERED FUTON FOR FIDO

Won't Fido feel special when he plops down on his very own floral futon? Use it as a liner for your dog's bed or spread it out on the floor, the foot of the bed, even the backseat of the car. It's available in two sizes: 22×26 inches ($27.95) and 22×36 inches ($33.95). To order a catalog, write *Pedigrees,* 15 Turner Dr., Box 110, Spencerport, NY 14559.



This machine-washable pet futon rolls to go anywhere.

CLASSICAL CATNAP

Put Fluff in her place—her own place, that is—with this fancy feline home ($19.50). Crafted from sturdy painted and laminated oak tagboard, the miniature Roman temple makes a great hideaway or can be a clever litter-box cover. (Be sure to note the little kitty tiptoeing across the roof.) To order a catalog ($2), write to *Ballard Designs,* 2148-J Hills Ave., Dept. 689, Atlanta, GA 30318.



ROOM WITH A VIEW

Give Kitty a catbird seat: this screened-in porch ($139) made just for her. A plastic pet door gives your cat easy access to fresh air, and she won't have to knock to come back in. From *Progressive Pet Products, Inc.,* Route 4, Box 244, Randleman, NC 27317.

PHOTOGRAPHS: PERRY STRUSE

continued on page 142

It's hard to smile when your teeth hurt.



Introducing T.C. Biscuits and T.C. Rawhide Strips from MILK-BONE®

Before your dog gets tooth and gum disease caused by plaque and tartar, start him now on new Milk-Bone T.C. Biscuits and T.C. Rawhide Strips. T.C. Biscuits are clinically proven to help fight tartar buildup above the gum line.

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TARTAR CONTROL

continued from page 140



RUFFLE YOUR ROOST

When it's time to say beddy-bye to Birdy, tuck her in with style. You can go all out and sew a slipcover to match the mood of your decor (a lining will provide cage-darkening benefits). Or, simply drape a square of colorful fabric over the nest at night to help keep your songbird quiet until dawn.



SET A PLACE FOR PETS

Sure, a couple of bowls crammed in a corner will do, but doesn't your pet—and your kitchen—deserve better? Brush acrylic paint on a primed square of canvas (or use a pretty place mat), then add colorful pet-size tableware. The final touch? Artwork hung at pet level.

Millions of people are keeping their dog







They're taking them to their veterinarian for a heartworm te

Heartworm disease can be deadly to your dog. And now it has been reported from almost every state in the country. Anywhere you find mosquitoes, you can find heartworm disease.

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Composition: Each HEARTGARD-30 chewable or tablet contains 68, 136, or 272 micrograms of ivermectin. **Indications:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **Precautions:** Dogs should be tested by your veterinarian for existing heartworm infection prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredient in HEARTGARD-30) caused serious adverse reactions, including death, in certain dogs, particularly of th collie breed. **Observe collies closely for at least eight hours after treatment. If unusual signs, s as dilated pupils, depression, staggering gait, tremors or paralysis are seen following treatme contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adult



THE PURR-FECT PLACE

Invite Kitty to don her, uh, cat's pajamas and nap in a sunny south window. Don't have a built-in window seat? Create one in a hurry with modular storage units like these from *Star,* 16641 Hale Ave., Irvine, CA 92714. Or—even easier—strategically place a pillow-plumped bench or chest. For easy care, use pillows and cushions with removable and washable covers like these, sewn from stain-proof striped fabric from *Covington Fabrics,* 267 Fifth Ave., New York, NY 10016.

PET-PROOF YOUR HOME

- **Shop** for stain-resistant fabrics and carpet if you are replacing furnishings.
- **Protect** upholstery fabric with an over-the-counter stain-proofing treatment, such as *Scotchgard*, to repel soil and oil or water-based stains. (Nonsilicone products are best.) Or, have the job done professionally; look up local services under "upholstery cleaning" in the Yellow Pages.
- **Choose** colors wisely if you have a pet in the family. White may not be right if Pooch is allowed to perch anywhere; furniture covered in a tweed, patterned, or medium-range solid-colored fabric best hides hairs and other pet problems.
- **Battle** pet stains with on-the-spot cleaning. The tried-and-true method? Sponge on cold water mixed with a mild detergent. (Test for colorfastness in a hidden area first.) Or, wait until the stain dries and brush off most of the matter before you sponge. Finish with vinegar and water if residual smell will draw Furry back to the scene of the crime.

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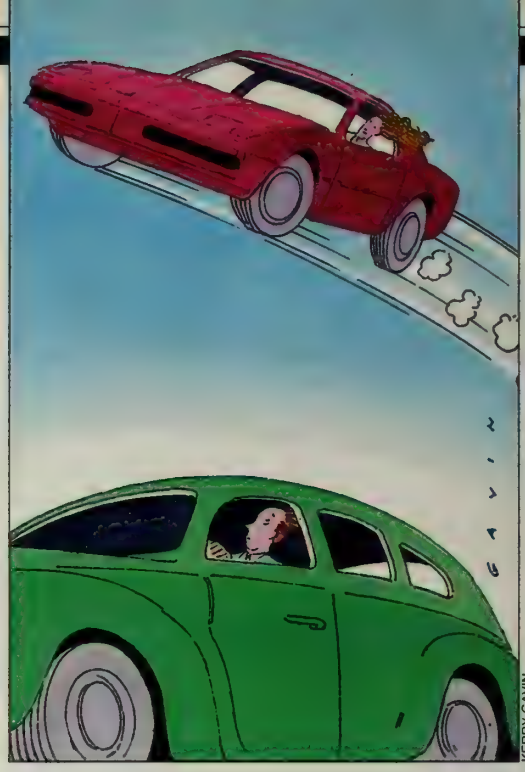
orm infections or for clearance of microfilariae. **Caution:** Federal (U.S.A.) law restricts this drug to or on the order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See terinarian for complete information. MSD AGVET, Division of Merck & Co., Inc., Rahway, NJ 0912, USA. *HEARTGARD-30 is a registered trademark of Merck & Co., Inc., Rahway, NJ.
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The Monthly Chewable

HOW TO MAKE YOUR GAS GO FARTHER

By planning your trips and using good driving skills, you can increase gas mileage by as much as 15 percent.

BY WALTER W. WATT


KERRY GAVIN

Experts predict that gas prices are on the rise again, so it's a good time to review these basic fuel-saving hints.

- **Think economically.** If you own more than one car, make the greatest use of the vehicle that consumes the least amount of gasoline.
- **Consolidate your driving.** Combine short trips (less than 5 miles) into one long trip to reduce the miles traveled for each trip and take advantage of the engine's more efficient operating condition when it's warmed up.
- **Use car pools.**
- **Plan your driving routes** to avoid traffic lights, stop signs, school buses, congested streets, and other causes of local bottlenecks. Use smooth, free-flowing highways whenever possible. Listen to traffic reports.
- **Get an early start** on long trips to avoid heavy traffic, time urban-area driving to avoid rush-hour traffic, and plan meal or rest stops to coincide with peak travel periods.
- **Travel when possible in good weather.** Battling heavy rain or snow or bucking strong headwinds can reduce your gas mileage considerably.
- **Keep baggage to a minimum.** The extra weight in your trunk cuts fuel economy dramatically. Rooftop cargo creates fuel-robbing air resistance.

DEVELOP BETTER DRIVING HABITS

- **Avoid extended warm-ups, even in winter.** As soon as your car is drivable, accelerate gently and slowly for a mile or so; your engine will warm up faster, and you'll save fuel.
- **Watch out for unnecessary idling.** One minute of idling uses more gas than it takes to restart the engine. Prolonged idling uses gas at the rate of about one-half gallon per hour.
- **Accelerate gently.** Fast, "jackrabbit" starts burn twice as much fuel.
- **Anticipate stops and avoid unnecessary braking.** Look ahead to spot traffic lights and slowdowns; pace yourself to reach lights a few seconds after they turn green. If stops are necessary, release the accelerator early and brake gradually.
- **Break bad habits** like racing the engine when the car isn't in motion, or using the accelerator, not the brake pedal, to hold your car in place on a hill.
- **Drive at steady speeds.** Apply smooth, steady pressure to the accelerator as long as traffic permits. On highways, avoid stop-and-go passing, weaving in and out of traffic, and varying speeds by more than 5 mph.
- **Drive at moderate speeds.** Each engine has a speed at which it operates most efficiently. The ideal speed, usually under 55 mph, corresponds with the speed in top gear at which the engine produces peak torque.
- **When approaching a steep hill,** build up speed early to avoid hard acceleration on the upgrade. If you have a manual transmission, shift to a lower gear when the accelerator pedal is about three-quarters down to the floor. That should avoid engine "lugging."
- **Use your air conditioner** at highway speeds and switch to vents for lower speeds. Though air-conditioning does reduce fuel economy, wind drag at 55 mph with the windows open is worse. BH&G

—Free-lance writer and automotive expert Walter Watt puts his gasoline money where his mouth is in Ohio.

CAR-SHOPPING TIPS

When buying, consider these facts:

- **The lighter the vehicle,** the less gasoline it will use.
- **Smaller engines require less gas,** but underpowered cars use more gas than ones with adequate power.
- **A manual transmission,** used properly, can provide up to 8 percent better mileage in city driving than an automatic. At highway speeds, the difference is negligible.
- **Choose power options and accessories carefully;** their weight and use reduce fuel economy.
- **Lighter interior/exterior** colors reduce heat and minimize the need to use fuel-robbing air-conditioning.
- **Radial tires are more fuel-efficient** than bias-ply tires.
- **A cruise control** on highways can help you gain 1 to 2 mpg by maintaining a steady, preset speed.
- **Look for high EPA** mileage ratings when you're buying a car.



"Cars as good as the Ford Taurus roll forth but once per generation."

—Car and Driver

It's not often that a car receives this kind of praise. Then again, it's not often that a car like Ford Taurus comes along. And over the years, its superb performance and innovative design have made it a resounding success with car buyers and critics alike. As *Car and Driver* put it: "This car, an established best-seller in the marketplace, established itself as first in the hearts of [our] staff...." (Which may explain why Taurus has spent the last four years on *Car and Driver's* "Ten Best" list.)

But you can rest assured that we're not resting on our laurels. In fact, Taurus now offers advanced features like optional anti-lock brakes—proof that this design leader is dedicated to *staying* a leader. Ford Taurus. The next car of its kind may be a generation away.

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1990 Taurus comes equipped with a driver air bag supplemental restraint system.

Ford Taurus

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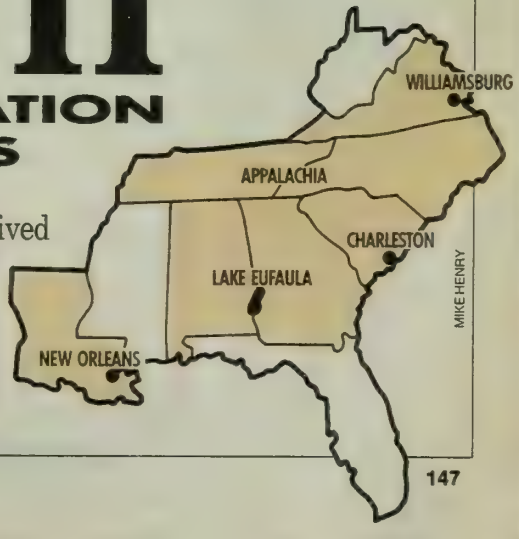
SUPERSTOCK

OUR HISTORIC

SOUTH

FIVE FAMILY VACATION ADVENTURES

BY GEORGE S. BUSH



MIKE HENRY

Vacations in the Old South, where our country was conceived and nurtured, combine the charms of yesteryear with modern fun and relaxation. Follow in the footsteps of Daniel Boone, visit cities steeped in tradition, and discover the South's hidden pleasures. *continued on page 148*

continued from page 147

WHERE HISTORY COMES ALIVE

Fifers and drummers in tricornered hats march through Williamsburg like pied pipers. Muskets blast and cannons boom on the village green. Townspeople, clad in 18th-century costumes, show how colonials lived and worked.

Williamsburg, Colonial Virginia's capital, now ranks as our nation's most elaborate restoration and a favorite of families. Kids experience the 1700s when they roll hoops and ride in horse-drawn carriages. They get a kick out of sticking their heads and arms through the stocks on Market Square.

You'll be intrigued by crafts shops in which artisans pursue time-honored skills and by the many historical landmarks. Tour the elegant Governor's Palace and the Capitol, where Patrick Henry and other firebrands debated.

Many of Williamsburg's 300 period buildings serve their original functions as homes, shops, and inns. Dine at Christiana Campbell's as George Washington did, and listen to a barmaid sing at Chowning's tavern. Spend the night at one of the restored homes that let rooms to guests, or stay in The Williamsburg Lodge, Williamsburg Inn, or The Motor House.

Williamsburg's best combination admission ticket costs $26; children 6 to 12, $17. Lodgings range from $65 to $240 for a couple; additional persons, $8 to $12. Pick up a copy of *A Parent's Guide to Colonial Williamsburg,* free with your ticket. ***Colonial Williamsburg Foundation, Drawer B, Dept. BHG, Williamsburg, VA 23185; 800/HISTORY or 804/229-1000.***



SUPERSTOCK

Gleaming silver, lavish decorations, and outstanding antiques grace the rooms of Williamsburg's celebrated Governor's Palace.

CRADLES OF A NEW COUNTRY

Seven miles to the south lies Jamestown, the first permanent British colony in the New World. Jamestown Settlement features a superb museum plus full-scale replicas of the stockaded enclave and of three ships that brought the colonists across the sea. You can board the largest of the trio.

The Revolutionary War ended at Yorktown, 15 miles to the east, after the redcoats capitulated to Washington. Many fortifications have been excavated, and the cannons restored. At the Yorktown Victory Center, see a well-done film on the decisive battle.



WILLIAMSBURG AREA CONVENTION & VISITORS BUREAU

Children love exploring a replica ship at Jamestown.

GRAND PLANTATIONS

Your Williamsburg combination ticket includes a tour of Carter's Grove, one of four plantations worth visiting along the James River west of the colonial town. Begun in 1750, this exquisitely finished brick mansion's salons are masterpieces of Georgian carpentry.

President Tyler's Sherwood Forest rests in a delightful sylvan setting, and President William Henry Harrison was born at Berkeley, built in 1726. Filled with priceless antiques, Shirley Plantation has often been called "the most beautiful home in America."

SPECIAL FOR YOUNGSTERS

- **Children's tours.** Kids can enjoy Williamsburg from a different perspective on their own tours. $3 to $5.
- **The Old Country Busch Gardens.** This leading theme park at Williamsburg's doorstep features stage shows and thrill rides. $19.95; under 3 free.

INFORMATION

Williamsburg Area Convention & Visitors Bureau, Drawer GB, Dept. BHG, Williamsburg, VA 23187; 800/368-6511.

continued on page 150

WILLIAMSBURG

VIRGINIA



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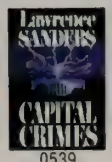
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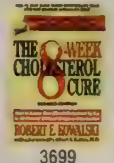
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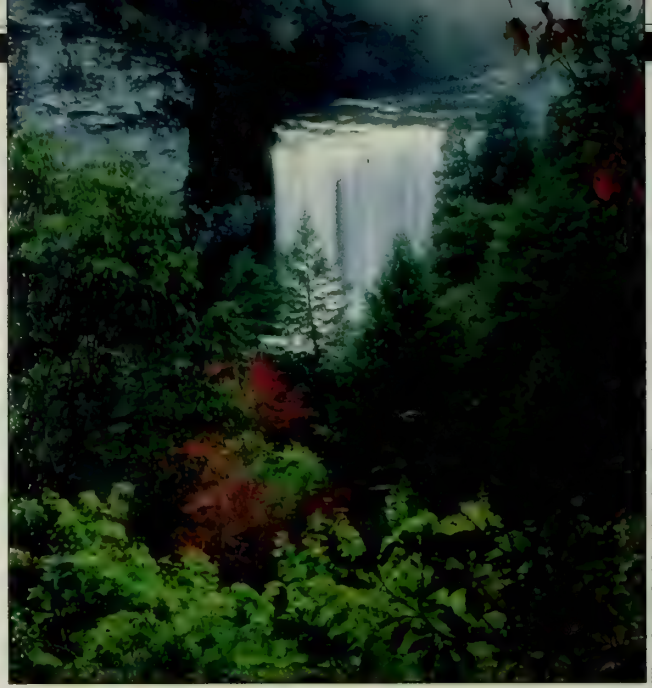
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continued from page 148

IN DANIEL BOONE'S FOOTSTEPS

Where North Carolina meets Tennessee, summits merge with the sky in a luminous haze that's as blue as wood smoke and as mysterious as a veil. Forests, denser than a coonskin coat, cling to slopes that slant steeply to these spectral elevations. Gorges roar with waterfalls. Here Daniel Boone probed the mountains and blazed the Wilderness Road.



TENNESSEE TOURIST DEVELOPMENT

Five waterfalls form the backdrop for hiking, camping, and horseback riding in Tennessee's Fall Creek Fall Park.

DISCOVER AMERICA'S FIRST FRONTIER

Begin your car trek across the Blue Ridge in Boone, North Carolina, just off US-421, by watching a reenactment of the frontiersman's story. The rousing outdoor drama, *Horn in the West,* unfolds in summer: $8; 13 and under, $4.

South of Boone, at Blowing Rock, youngsters love the Tweetsie Railroad. A mock Indian attack and lots of gunplay punctuate one of the oldest and best steam-train rides in the country: adults, $10 and kids, $8.

Grandfather Mountain, a privately owned nature preserve nearby, boasts the highest peak in the Blue Ridge Mountains and provides some of its grandest panoramas. An animal habitat houses bears, cougars, and bald eagles, and a new nature museum has exhibits and movies. $7.50, $4 for kids.

A few miles south, stroll to the splendid waterfalls of Linville Gorge, whose 2,000-foot cliffs make it one of the deepest clefts east of the Mississippi.



HUGH MORTON

Bears and cougars roam Grandfather Mountain's animal habitat in North Carolina.

Cut over to US-19E and drive west to Roan Mountain on the Tennessee border. Six hundred acres of rhododendrons cover the 6,313-foot summit. Roan Mountain State Park provides excellent camping, $6.50 to $9 per night, and roomy cabins, $45.50 to $58. At nearby Erwin, go white-water rafting on the Nolichucky River, $25 to $35.

THE HEART OF APPALACHIA

US-19E leads to Johnson City. Six miles north, in the former territorial capital of Rocky Mount, a preserved log-cabin mansion serves as a living-history museum.

Head south toward Knoxville, to visit Davy Crockett's birthplace at Limestone and the Crockett Tavern Museum at Morristown.

Then go west to Norris Dam to tour the huge turbines, open weekdays. A few minutes from the dam, off I-75, lies the must-see Museum of Appalachia, a collection of historical buildings filled with period furnishings. Camp ($6.50 to $9) or stay in a cabin ($36 to $58) at Norris Dam State Resort Park, where you can rent a fishing boat for $13 a day.

SIGHTS EN ROUTE TO APPALACHIA

- **From the Midwest on I-75:** On weekdays, tour the campus workshops at Berea College in Berea, Kentucky. Doubles at the Boone Tavern Hotel range from $47 to $62; $7 additional person; under 12, $6. ***606/986-9358.***
- **From the west:** Visit Nashville's Grand Ole Opry and Opryland park.
- **From the south:** On the lower section of the Blue Ridge Parkway, stop at the Oconaluftee Indian Village in Cherokee, North Carolina, and at Asheville to tour the Vanderbilts' incredible Biltmore Estate Gardens and Winery.
- **From the northeast:** Take Virginia's Skyline Drive through Shenandoah National Park and the upper Blue Ridge Parkway.

INFORMATION

North Carolina Travel & Tourism, 430 N. Salisbury, Dept. BHG, Raleigh, NC 27611; 800/VISIT NC (847-4862).

Tennessee Tourist Development, Box 23170, Dept. BHG, Nashville, TN 37202; 615/741-2158.

continued on page 152

APPALACHIA

NORTH CAROLINA/TENNESSEE

Some Of Our Towns Are Full Of People You Can't See.





Walk the wooden sidewalks of a Colorado ghost town or the sacred rooms of our Indian ruins, and you'll discover something you may have left behind. Your imagination. Suddenly the town fills with cowboys whooping it up on a Saturday night. Or, at Mesa Verde, the chants of the Anasazi echo off canyon walls.

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Colorado Tourism Board, Box 38700
Dept. 136, Denver, Colorado 80238

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

continued from page 150

WHERE COTTON WAS KING

When King Cotton reigned over Dixie, millions of cotton bales, piled high on rattling wagons, arrived every harvest season at the port of Charleston, where they were loaded onto ships for export. Charleston's merchants prospered beyond comprehension, their fortunes creating a city of opulent grace.

Today, you can still admire this treasure trove of rich mansions and distinctive "single houses," only one room wide and two rooms deep.



SUPERSTOCK

Beautiful St. Michael's Church anchors one of the four corners of law at the intersection of Meeting and Broad streets in Charleston.

A TOWN FOR LEISURELY BROWSING

If you hurry through Charleston, you'll miss much beautiful detail: the intricate ironwork of garden gates, the ornaments chiseled into stone walls, and the blunt turnbuckles. Known locally as "earthquake bolts," these were installed after the temblor of 1886 to protect buildings from collapse.

Among your first stops in the Historic District should be the Thomas Elf Workshop, a former private home built in 1760 by a renowned furniture maker and resplendent with his cypress woodwork. Next, you'll come upon Cabbage Row, an alley made famous as Catfish Row in the Gershwin opera *Porgy and Bess*. Nearby stands the Heyward-Washington House, leased in 1791 for George Washington. There are two other house museums you should also see. The Edmonston-Alston House, built from 1817 to 1828, features splendid furnishings, silver, and paintings. A three-story, free-flying staircase graces the opulent Nathaniel Russell House.

Be sure to save time to explore the City Market, a lively sprawl of restaurants, snackeries, boutiques, T-shirt shops, and produce stalls. This is one of the places where you can buy Charleston's famous sweetgrass baskets.

SHADES OF TARA

Two grand antebellum plantations lie just a few minutes' drive from the city. A stately mansion presides over Magnolia Plantation and Gardens' 55 acres of lawns and blooms, including 900 varieties of camellias. Until recently, the home had been in the same family for nine generations.

HUGO UPDATE

Don't shy away from visiting Charleston because of Hurricane Hugo. Although the city did sustain damage, the majority of tourist attractions, lodgings, and restaurants are open and operating normally.

Nearby is Middleton Place, the site of America's oldest surviving landscaped gardens and ornamental ponds. The plantation's stable yards have been transformed into a living outdoor museum depicting life in the rice and cotton eras. Only one wing of the original manor house survived the torches of federal troops.

WHERE TO HANG YOUR HAT

Dozens of motels on US-17 at either end of Charleston run about $35 to $90 for a family of four. Among the most elegant hotels close to the Historic District is the renovated Planters Inn, with exquisite period furnishings. Costs range from $99 for a double to $130 for a family.

SPECIAL FOR YOUNGSTERS

- **Pedal carriage excursions through the Historic District.** Two adults and two kids can fit in the carriages, which you pedal like bikes. $12 an hour.
- **Horse-drawn carriage rides on the Battery.** $12 to $13 per person.
- **Sternwheeler harbor cruise to Fort Sumter.** $7.50; under 12, $3.75; under 6, free.
- **Watching shrimpers come in at Shem Creek and touring the Yorktown,** a retired World War II aircraft carrier, in suburban Mt. Pleasant.

INFORMATION

Charleston Trident Convention & Visitors Bureau, Box 975, Dept. BHG, Charleston, SC 29402; 803/577-2510. Adjoining region: South Carolina Division of Tourism, 1205 Pendelton St., Dept. BHG, Columbia, SC 29201; 803/734-0235.

continued on page 154

CHARLESTON

SOUTH CAROLINA

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mpany car has won the prestigious Car of the
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GEORGE S. BUSH

continued from page 152

DIXIE'S BEST-KEPT SECRET

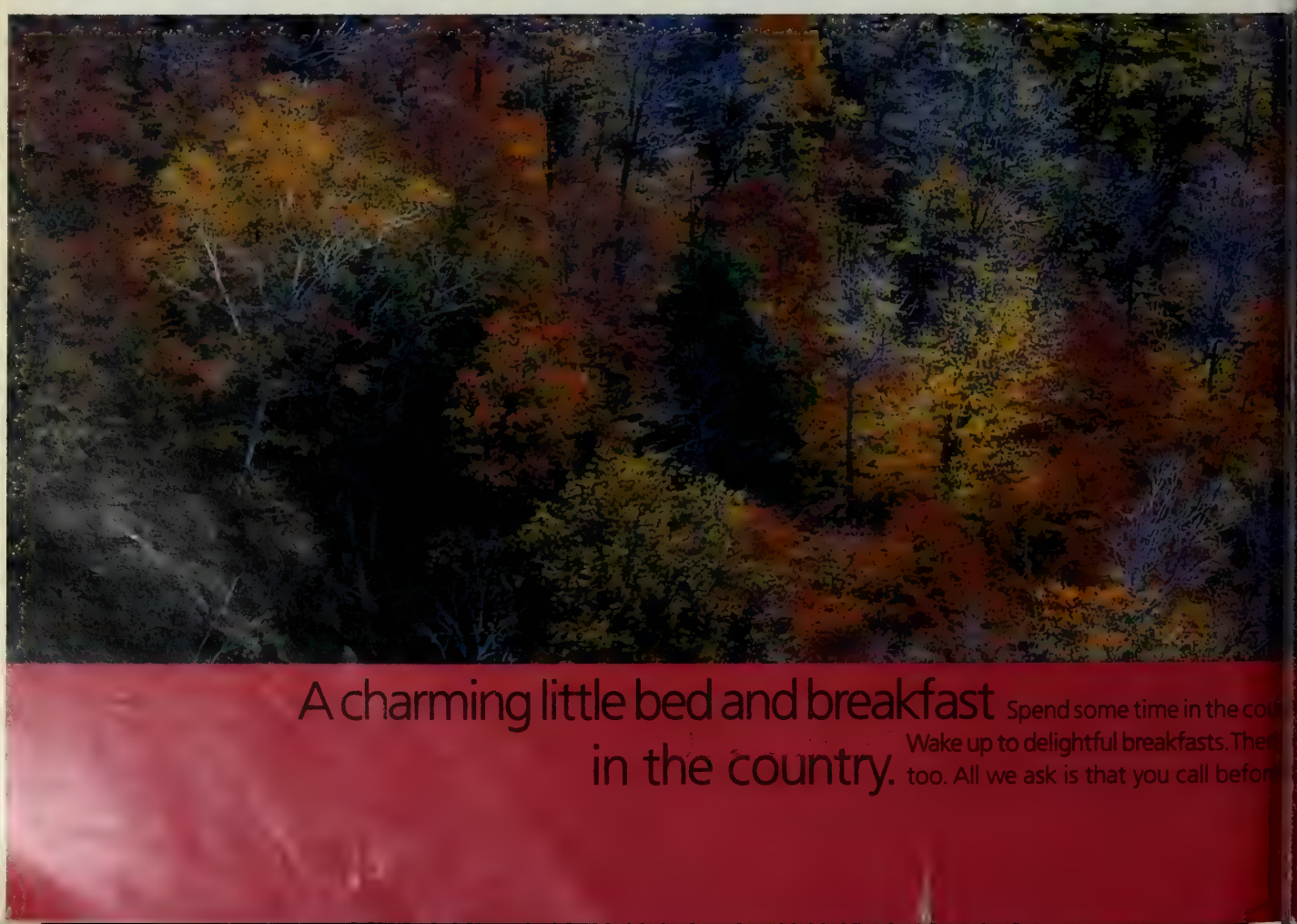
It's easy to get hooked on fishing at Lake Eufaula, where giant bass, bream, and catfish fight for the honor of taking your bait.

There's a forgotten corner of th South where church bells sti chime the hours, where moss draped oaks shade antebellur homes on sleepy streets, an where king-size bass, bream, crappi and catfish just about jostle each othe for a chance to grab your hook. You can relax and enjo these laid-back southern pleasures at rock-bottom prices.

You'll discover that vacation paradise in the countrysid south of Columbus, Georgia, a land of gentle hills awash wit greenery, where Alabama and Georgia neighbor each othe along a dammed-up section of the Chattahoochee River. Ala bamians call these sweet waters Lake Eufaula; Georgian know them as Lake Walter F. George.

LAKE EUFAULA

ALABAMA/GEORGIA



On both sides of this lake, whose 640 miles of shoreline meander into countless hidden coves and inlets, you'll find uncrowded state parks with fine campgrounds, cozy lodgings, and reasonably priced boat rentals. Within day-excursion distance are towns for historical sightseeing, plus a unique reconstruction of a southern village of the 1850s.

BIG FISH THAT DON'T GET AWAY

Dangle a line into the mirror-crisp waters of Lake Eufaula and haul in big catches right from the bank—juicy catfish and bass that run 2 to 4 pounds. You can do better yet from a boat.

On the Alabama side, johnboats (skiffs) with outboard motors cost $17.50 a day at Lakepoint State Resort Park in Eufaula, about 45 miles south of Columbus on US-431. Lakepoint also rents paddleboats and offers swimming, golf, tennis, playgrounds, a restaurant, and a children's recreation program. Cabins with kitchens run $60 to $70 per night; full-hookup camping costs $12. For reservations, call *800/544-LAKE or 205/687-8011.*

On the Georgia side, the more rustic Florence Marina State Park costs even less. Johnboats rent for $25 a day, campsites are $12, and cottages range from $35 to $45. *912/838-4244.*

OLD SOUTH OF REAL PEOPLE

Eufaula, Alabama, once an important inland port for cotton ships, serves as the area's hub, with several mom-and-pop motels and eateries. One lovely historical home, the antebellum Shorter Mansion, is open all year.

To see how everyday people lived and dressed in Old Dixie, drive over to the Westville restoration at Lumpkin, Georgia, about 30 miles northeast of Eufaula on State 29. This reconstructed 1850s southern village features a preacher's simple home, a country doctor's office, and a carpenter's workshop. Sparks fly on the blacksmith's forge, a basket weaver tells of his trade as he works, and the odor of fresh gingerbread wafts from a farm kitchen.

Also visit Lumpkin's 1836 Bedingfield Inn and turn-of-the-century Drugstore Museum, drive its antebellum streets, and sample the midday buffet at Michelle's Restaurant. About eight miles west of Lumpkin on Route 39C, stop at the Providence Canyon State Conservation Park. For the most spectacular views of the rich reds, yellows, and purples of its abrupt walls, see it in early morning or late afternoon. Trails ring the canyon rims.

SPECIAL FOR YOUNGSTERS

● **Tom Mann's Fish World.** Hundreds of denizens of this freshwater aquarium—including 11-pound bass and 35-pound catfish—put on a turbulent show at feeding time.

INFORMATION

Historic Chattahoochee Commission, P.O. Box 33, Dept. BHG, Eufaula, AL 36072; 205/687-9755.

continued on page 156



continued from page 155

HIGH LIFE WITH AN OLD-WORLD FLAIR

New Orleans is best when its lights sparkle in the dusk and the musicians get turned on. That's the time to stroll along Bourbon Street, steeping yourself in the cacophony of Dixieland pulsing from jazz joints.

But much of the magic would elude you unless you first looked at the day face of this city and learned what makes it tick—an amalgamation of 19th-century Europe, ancient Africa, and neon America.



SUPERSTOCK

On a mule-drawn carriage tour of the French Quarter, you'll see Jackson Square, jazz clubs, lush courtyards, and a voodoo museum.

EXPLORING THE FRENCH QUARTER

Walk, do not drive. Find a parking spot, then stoke up for your adventures with breakfast at Brennan's, an expensive but worthwhile tradition, from about $20 up. Make up for this splurge by eating other meals at Tujague's, Ralph & Kacoo's, or any of the many po-boy snackeries that serve the local equivalent of submarine sandwiches.

Not far from Brennan's, get your first indoor glimpse of the New Orleans lifestyle at the Hermann-Grima House, built in 1820. If your budget is limited, save your money for the Beauregard Keyes House & Garden and the Gallier House. Confederate General Beauregard roomed in the former, located on Chartres Street, when he returned impoverished from the Civil War. Later, it was the home of novelist Frances Parkinson Keyes. The Gallier House on Royal Street makes up in splendor what it lacks in glamorous history.



SUPERSTOCK

From Bourbon Street to the Garden District, jazz sets the mood in New Orleans.

Returning to the heart of the French Quarter or Vieux Carré, cut through Pirate's Alley to Jackson Square. Originally the parade ground of the Spaniards, it's now the site of a permanent show by sidewalk artists.

The Mississippi levee, topped by a pedestrian promenade, rises from the lower end of Jackson Square. Stop at the Moonwalk for a great view of the city. This is also the area to board river cruises, which cost $10.75 for adults and $5.50 for children.

WHERE THE SAINTS COME MARCHING

Preservation Hall, a little auditorium near the corner of Bourbon and St. Peter, is Dixieland's most renowned jazz establishment. Other top spots include Lulu White's Mahogany Hall (Dukes of Dixieland), the Famous Door, the Palm Court Cafe, and Tipitina's.

SPECIAL FOR YOUNGSTERS

● **River cruise and Audubon Zoo.** The $14.50 admission to this outstanding zoo includes a cruise, with kids half price. Or go by riverboat and return on the St. Charles Avenue Streetcar.

● **Pontalba Historical Puppetorium and the Louisiana Children's Museum.** At the hands-on museum, children climb into a bubble, learn to shop for groceries, and see themselves on TV as news anchors.

● **Swamp cruise.** Thrill your kids with a trip into the bayous. One of the best outfits is Annie Miller's Swamp & Marsh Tours at Houma, about 90 minutes west of the city. Annie calls the alligators by name, then feeds them snacks on a spit when they gather around her boat. The tour costs $15 for adults, $12 for children.

WHERE TO HANG YOUR HAT

Save at small inns and guest houses, some of which are listed in the city's lodging guide (obtain from address below). The outstanding uptown St. Charles Guest House with pool offers family rates from $42 to $60, including breakfast. ***504/523-6556.*** You'll find a great downtown deal at the French Quarter Maisonette. Rooms are priced from $39 to $45. ***504/524-9918.***

INFORMATION

Greater New Orleans Tourist Commission, 1520 Sugar Bowl Dr., Dept. BHG, New Orleans, LA 70112, 504/566-5068. BH&G

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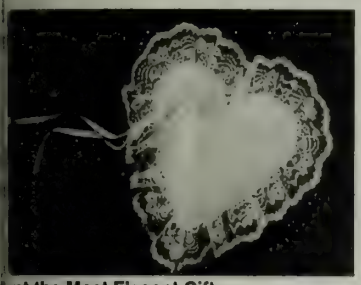
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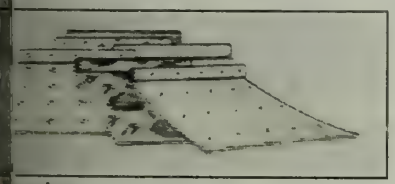
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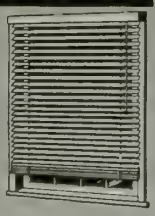
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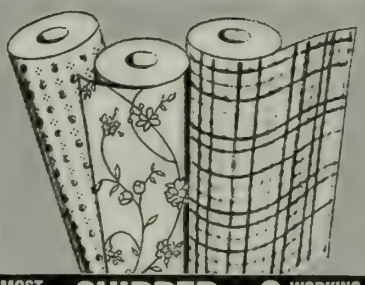
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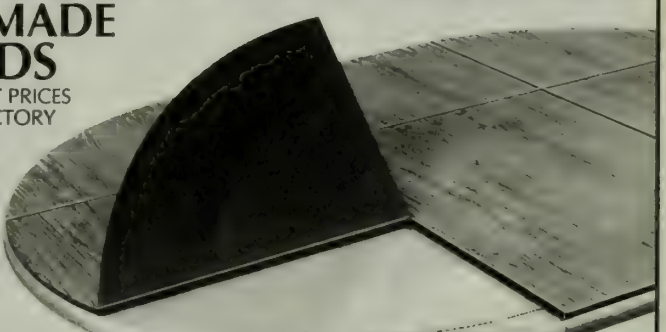
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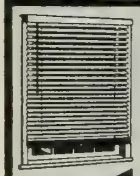


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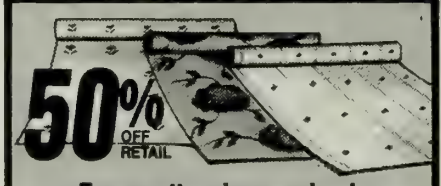
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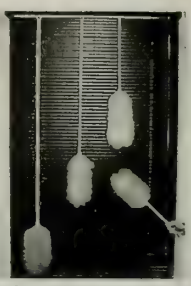
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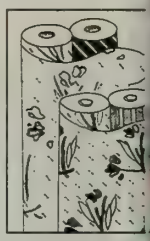
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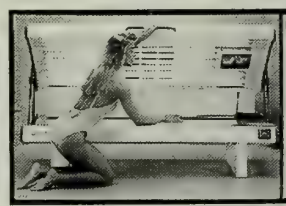
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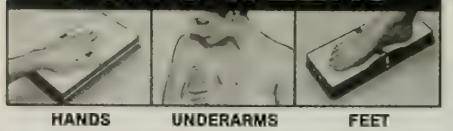
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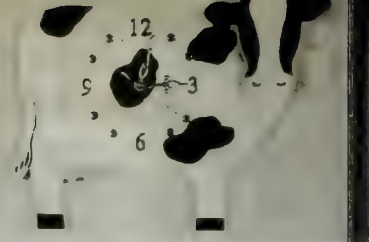
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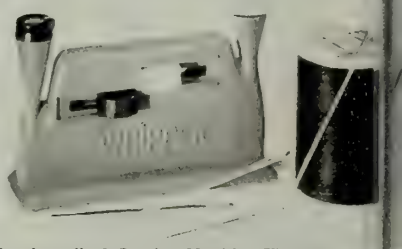
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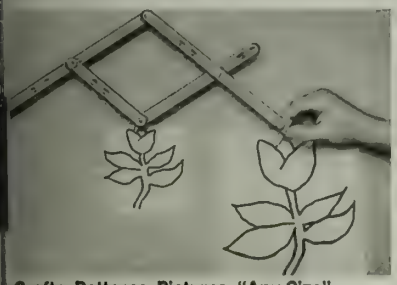
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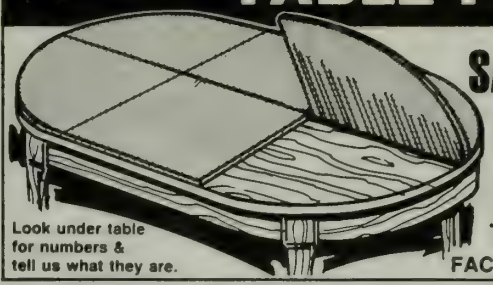
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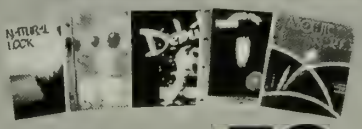
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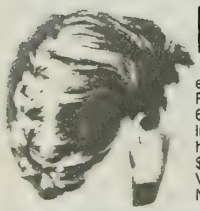
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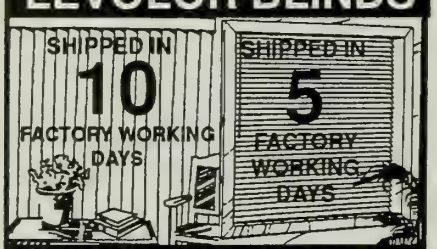
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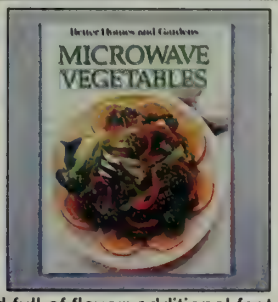
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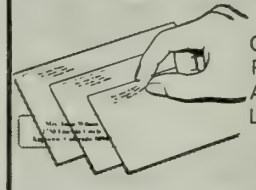
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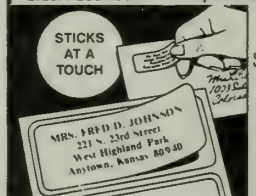
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■ Bill Minchin, noting the old saw about the inevitability of death and taxes, remarks, "All true, but at least you die only once."

■ After browsing among the bell bottoms and leisure suits at an old clothing shop, Chris reminded me that "those who are ignorant of history are bound to repeat its mistakes."

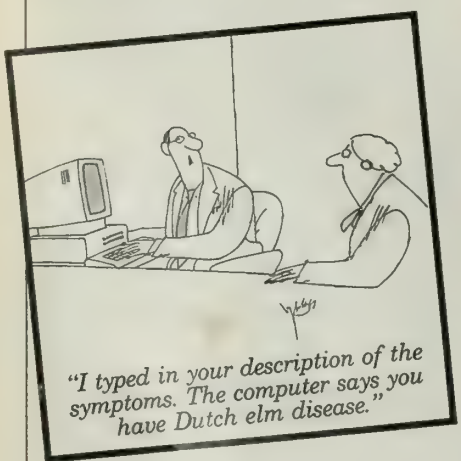
■ Our Rosemary says her college studies are opening a lot of doors for her, mostly ones belonging to loan officers.

■ Lee Bayless once prided himself on his telephone-communication abilities, but now confides it is increasingly difficult to talk persuasively to all the answering machines he reaches.

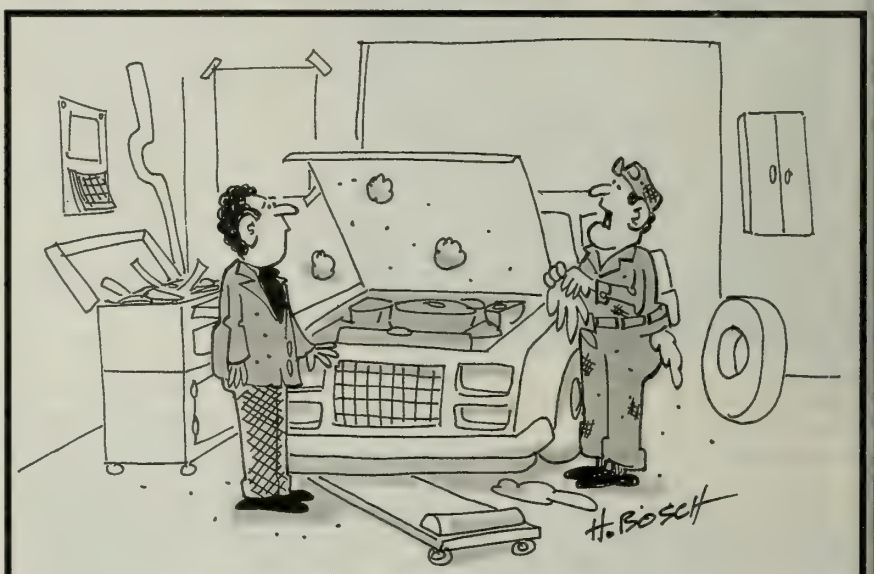
■ The only social security system you can ever truly depend on, says Grandpa Hillis, is your family and friends.

■ Our friend Elaine Cowan confides that one of the big advantages of being single is that she doesn't have to leave parties just when she is starting to have a good time.

■ Uncle Dodd Buckner, who spent his early years on a farm where conveniences were limited, recalls that a "conference call" then meant four people arriving at the outhouse at the same time.



"I typed in your description of the symptoms. The computer says you have Dutch elm disease."



"My advice, Mr. Watson, is to leave it parked outside with the keys in it."

■ Grandma Hillis, a big fan of the microwave oven, invited us all over this Sunday for a "good old-fashioned, home-zapped meal."

■ Judy, aged 11, loves working with her new puppy, Choo-Choo. Thus far she's learned to beg, roll over, and shake hands. Perhaps the pup will learn these tricks, too.

■ It's amazing how interesting old magazines become once you've resolved to clear them out of the basement.

■ Kids never cease to amaze: Judy can spend an entire afternoon biking, but she collapses into an exhausted heap when I suggest she pick up a pair of socks she left on the sofa.

■ My colleague at the office, Bob Christiansen, says that if computers continue to get better, we're going to have to go back to blaming the post office for all our troubles.

■ Bill Norman has learned from experience that teenagers have arrived at the doorstep of maturity when they begin to worry about how clean the family automobile is for the weekend.

The first warm weekend of the year prompted three generations of Hillises to share the first trip to the garden center. I've noticed that you can tell a lot about someone's personality by the way they shop.

For example, ever the impatient one, 14-year-old Burt, Jr., headed for the six-packs of annual plants, many already in bloom.

Chris takes a longer view toward life. I saw her intently studying packages of perennial flower seeds. Phrases like "blooms second year after planting" simply don't faze her.

Grandpa and Grandma Hillis value permanence, and they aren't averse to letting things work themselves out over time. I found them mulling over the selection of a young Bradford pear tree.

And me? Well, I could fill my cart with everything, but I must confess a weakness for the latest varieties of vegetables. After all, it's never too late to learn something new.

Burton Hillis

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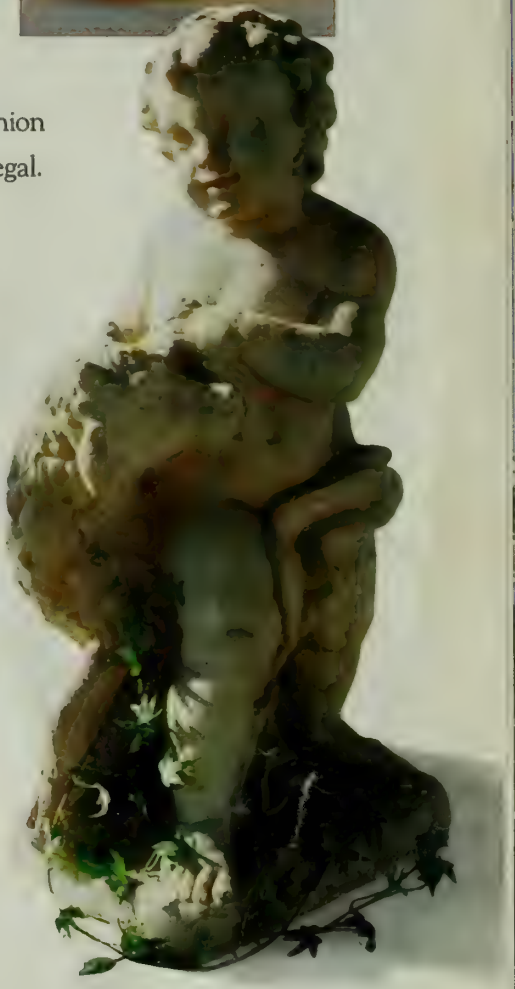
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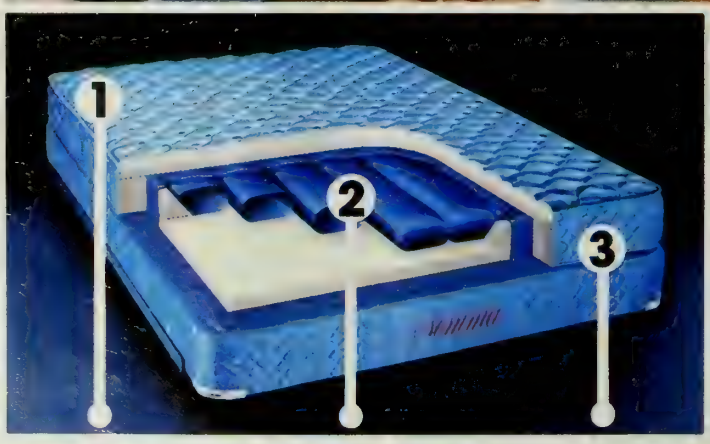
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CONTENTS

MAY 1990; Vol. 68 No. 5

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ON THE COVER

Remodeling the Ranch House 51
Style for the Eat-In Kitchen 63
Gardener's Almanac,
Tools and Tips for Spring 88
Hanging Baskets 127
Fresh! An Easy Brunch for a Morning in May 155



Complete New Menu and Recipes for a Springtime Brunch, page 155

BETWEEN FRIENDS

Editor's Letter 10
Family Network® *Our readers write* 16
The Man Next Door® *Writes about family, friends, and neighbors* 205



Baskets of blooms for summer color, page 127

FOR YOUR HOME

Home Style *Yipes! stripes* 19
Miniature Gallery 28
Dowdy to Dynamite *Remodeling* 51
A New Look at the Old Dinette 63
Energy-Smart Windows 82
Decorating Q & A 84
Where to Look for Used Furniture 86
Room Fresheners *Sew-your-own projects* 95
Morning Glories *Early-day delights* 103
Testing for Radon *Help from the state* 116
Wood Floor Care *Watchwords on water* 116
Cutting Holes *Quick carpenter's tricks* 118
Housetop Guest Room 119
Bleached Floors 140



Morning Glories Early-day delights, page 103

GREEN AND GROWING

Cultivating an Eden for Herbs 24
Gardener's Almanac 88
Hanging Gardens 127

continued on page 6

Cover
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by David Maass

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1 tbsp. butter, melted
1 can Campbell's® Cream of Chicken Soup

OVEN: In 12" x 8" baking dish, arrange chicken skin-side up; drizzle with butter. Bake at 375°F. for 40 min. Spoon soup over chicken. Bake 20 min. more or until chicken is fork-tender. Stir sauce before serving. 4 servings.

SKILLET: Substitute 2 tbsp. vegetable oil for butter. In skillet, in hot oil, cook chicken about 10 min. or until browned on all sides. Spoon off fat. Stir in soup. Reduce heat to low. Cover; simmer 35 min. or until chicken is fork-tender, stirring occasionally.

M'm! M'm! Good!®

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CONTENTS

continued from page 4

FAMILY MATTERS

A Helping Hand *Relief for those who care for loved ones* **33**
Fitness Matters *The world of workouts* **40**
When the Freshman Is 40 *How adults on campus balance family and school* **44**
When Kids Go Bad **48**
Too Much Debt *How to get out and stay out* **121**
Managing Family Finances **124**
Sit! Heel! Fetch! *Dog-training techniques* **182**

OUR ENVIRONMENT

Protecting Wildlife from Thoughtless Destruction **47**

OF CONCERN NOW

Helping Homeless Families **78**

GOOD FOOD

Wake Up to Waffles *Fix and freeze* **142**
Good Food, Good Health: The Vegetarian Choice **145**
Boning Up on Calcium **147**
Great Crawfish *A Louisiana favorite* **148**
A Morning in May *Complete new menu and recipes for a springtime brunch* **155**
How to Use Nutrition Information **164**
Recipe Index **165**
Prize Tested Recipes® *Muffins and Quick Breads, Fruit Drinks and Punches* **173**
Fast-to-Fix Family Favorites *Spur-of-the-moment picnic* **176**
Win Money for Your Recipes **178**

ON THE ROAD

New Cars *10 key buying questions* **186**
America's Favorite Theme Parks **189**

SHOPPING

Home and Family Information Guide **75**
Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* **137**
Directory of Architects and Designers **139**
Shopping Editor's Choice **200**
How to Order *Special offers, project plans, and kits* **204**

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Miss Dixie

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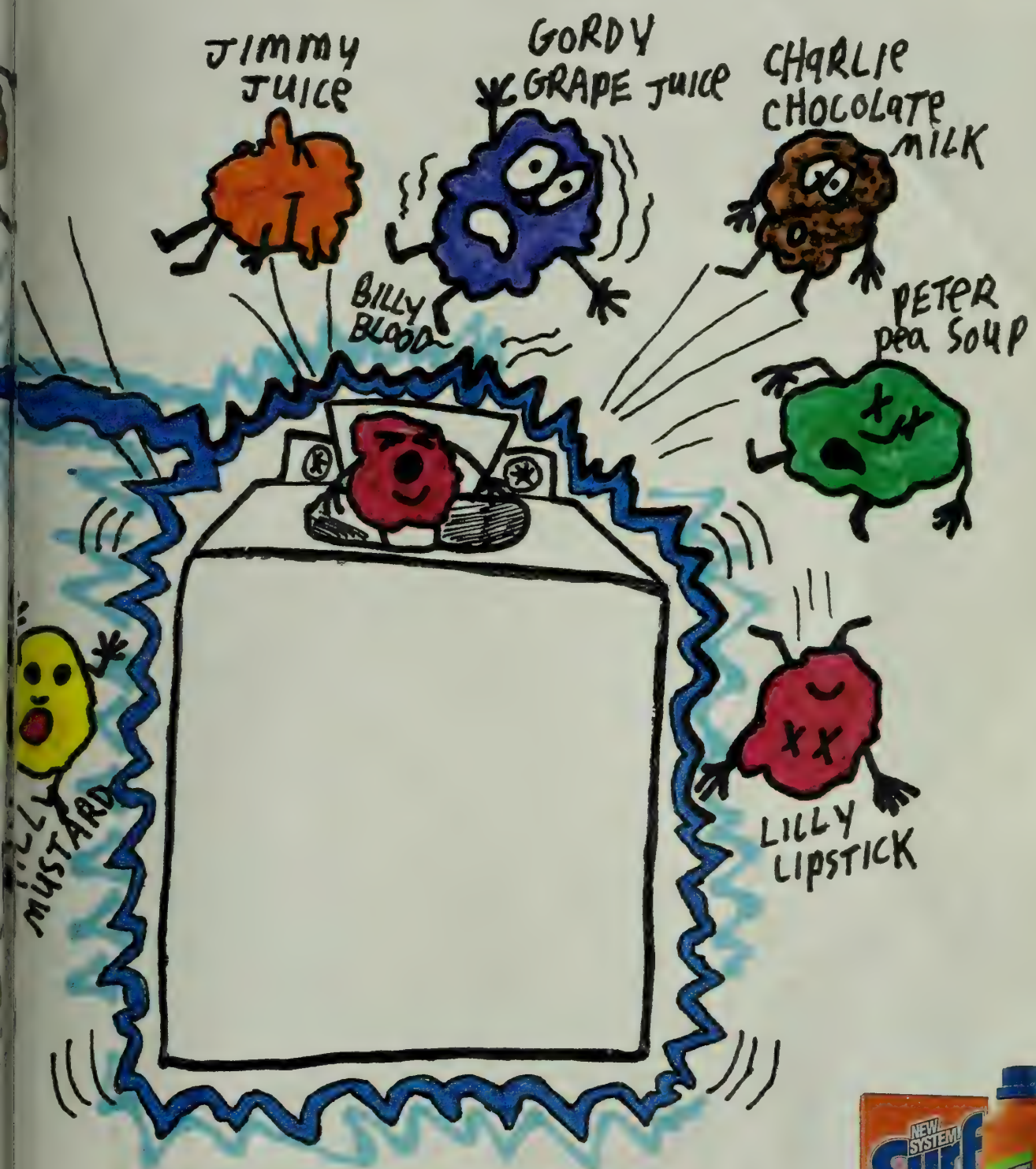


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FOR MY FAMILY'S GROSS LAUNDRY



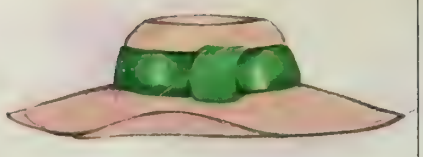
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THE TRUE MEANING OF 'HOME'



GEORGE CEOLLA

I've been so touched by the articles Margie Daly has written about homeless families that I've asked her to share her experiences.

—David Jordan, Editor in Chief

DEAR READERS,

What started as a simple concern about the decline in affordable housing in America has become one of the most eye-opening, gut-wrenching experiences of my adult life.

As features editor of Better Homes and Gardens®, I had written for years about how young families were finding it tougher and tougher to grab their piece of the American Dream—homeownership.

I talked with builders and bankers, home buyers and sellers, congressmen and cabinet members. Then I wrote about what lawmakers and financial folks should do, and what the young people could do to help themselves.

It was all very heady stuff—intellectually engaging, emotionally satisfying. A comfortable upbringing in Minneapolis had taught me well about the values and security of home ownership. So had a long career at America's leading home and family magazine. I believed in what I wrote, and I still do.

But two years ago, home and family took on a whole new meaning for me.

"HOME AND FAMILY TOOK ON A WHOLE NEW MEANING FOR ME."

That was when Editor in Chief David Jordan asked me to travel with photographer George Ceolla around the country to report on the growing problems of homeless families and ask our readers to support our newly founded, nonprofit organization, The Better Homes™ Foundation.

All that abstract thinking about bankers and lawmakers fell by the way on those trips. I saw—clearly—what housing finance and politics and zoning and such are really all about:

A mother clutching her kids' hands as she hastens toward a dank shelter along skid row in Portland, Oregon. Women and children in Orland, Maine, hiding from the family violence that had forced them from their homes. A tiny church in Venice, California, its pews strewn with blankets and bags of personal belongings. Families looking for jobs and living out of their cars in the small town of Adrian, Michigan . . . .

Then there are the joyful leaps of a young boy whose family has just moved into an apartment after months of living in a welfare motel. The happy laughter of the case-management worker who helped the family get back on its feet. The heartrending tug of a young child's hand on my sleeve . . . .

I am proud of our magazine, our readers, our corporation, and The Better Homes™ Foundation for their ongoing commitment to helping homeless families. The problems are enormous, but we are beginning to make a dent.

You can read a report of our progress beginning on *page 84*. I hope that you will continue to support our efforts. I also hope you'll remember these words, from a homeless child's drawing:

"A home is where you can grow flowers if you want."

America has many gardens it must cultivate, still.

Margaret Daly

Margaret Daly
Executive Features Editor



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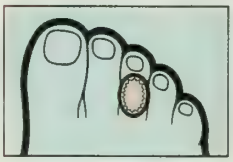
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LETTERS

FAMILY NETWORK™

READERS' COMMENTS AND SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

VIEWS ON CLATTERING WIND CHIMES

We were more than a bit surprised at the flood of letters addressing the problem of D. H. Cruze of Littleton, Colorado, who found a neighbor's wind chimes unnerving. Here's a brief sampling of the solutions you suggested.

I advise D. H. Cruze to go see a lawyer. There are restrictions in every city on noise levels.

Carolyn Kendall
Redwood City, Calif.

On your loveliest stationery, tell her she wrongly accused you of writing the anonymous letter. However, tell her exactly what you told *Better Homes and Gardens*® in your letter. Better yet, leave your letter at her door along with a loaf of homemade sweetbread or a plate of cookies. The trick is to kill them with kindness.

Linda Hadley
Woodridge, Ill.

I, too, love the sound of wind chimes. I have several sets on my back porch, and when I know the wind is going to kick up I use terry-cloth ponytail elastic bands to tie the chimes together. Perhaps a gift of ponytail holders with a note would get the message across.

Barbara Stewart
Colorado Springs, Colo.

I, too, had a neighbor who "loved wind chimes." I collected all my old pots and pans and spoons and stru them around on my tree closest to t neighbor's bedroom window. When t wind blew, boy, you should have hea my "wind chimes." Within 24 hou hers were gone, and so were mine.

Mrs. Elise Day
Seaford, N.

Sounds crazy, but try purchasi your own wind chimes. It will have amazing psychological effect as y will only be aware of your own chim

Mrs. Laurie Hans
Vancouver, Was

I wonder if D. H. Cruze has access a neighborhood mediation servic These groups offer a nonlitigio means of conflict resolution at little no cost. I suggest a check with the loc chamber of commerce.

M. Maureen Killon
Salem, O

What we did was to tell the neighb the wind chimes were frightening some of the beautiful birds and p vented them from staying longer in a around our yard.

J. Benn
Santa Rosa, Cal

CORRECTIONS

● **Dental Phobia referrals.** T phone number for the Mt. Sinai Dent Phobia Clinic's referral was incorre in our February issue. The corre number is: 212/838-2900.

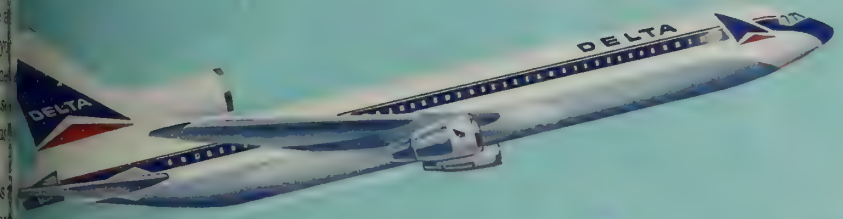
● **Help for stroke survivors.** The N tional Stroke Association has a free l of catalogs featuring products geared people with impaired abilities. The A sociation does not send out catalogs these products as we stated in t March Family Network column. Wri 300 East Hampden Ave., Suite 24 Dept. BHG, Englewood, CO 80110. call, 303/762-9922.

WRITE TO US

Family Network welcomes letter describing how you solved problems in volving your family or your community, a letters asking for help with an unsolve problem. Write to Family Network, *Bette Homes and Gardens*, 1716 Locust St., De Moines, IA 50336. Letters may be edite for space. All letters become the propert of *Better Homes and Gardens*®. We wi pay $50 for each letter published.

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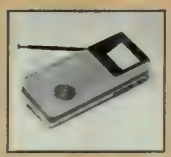
No purchase necessary. Some travel restrictions apply. For complete details, rules and a free game card, send a stamped, self-addressed envelope to: "PICK-a-TRIP Vacation Fantasy" P.O. Box 653, Sayreville, NJ 08871. (WA and VT residents need not include stamp.) Void where prohibited by law.



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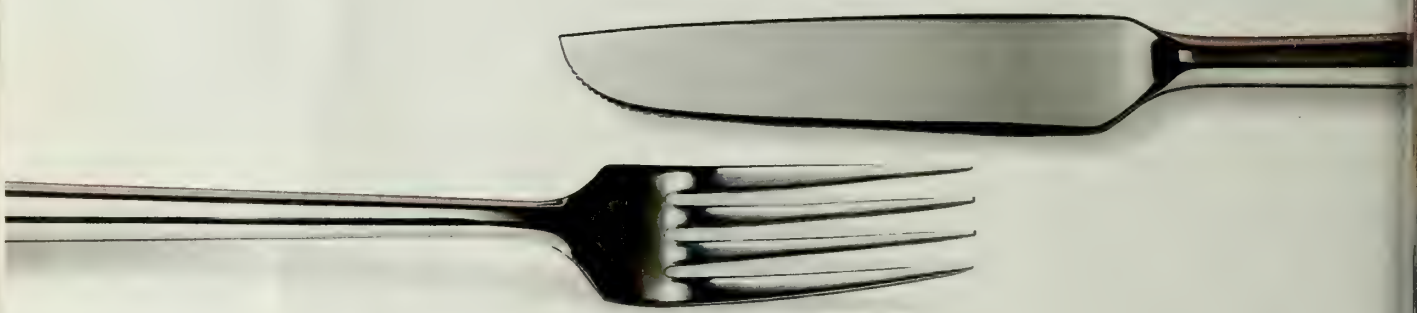
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Then coax, coerce, cajole the baby into bed.



Because we'll make sure the dishes look great for the party.



Cascade. For virtually spotless dishes.

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HOME S·T·Y·L·E

Best Bets for Better Homes

BY
JIM WILLIAMS, JILANN SEVERSON, AND NANCY HALL

YIPES! STRIPES!

Everybody's got 'em. Wherever you look, stripes abound. Whether bold or subtle, decorating is definitely taking the path of the straight and narrow.

OP ART STRIPES

Black stripes wiggle and wave over this 12-inch buffet plate. Suggested retail: $65. *"Stripes Black," Swid Powell, 213 E. 49 St., New York, NY 10017.*



TILE ONE ON

Half-inch bands of ceramic tile make a splash in both the kitchen and bath. Suggested retail: $3 each. *"Sizzle Strips," American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446.*

PHOTOGRAPH COURTESY OF SHERIDAN

TRIED 'N' TRUE

Stripes deck out an old favorite, the Hudson's Bay Point Blanket. Suggested retail: $138. *Available from L.L. Bean Inc., Freeport, ME 04033. 800/221-4221.*

SLEEP ON IT

Wide-banded "Pacific Stripe" bed coverings add some punch. Suggested retail: $29 per double. *Sheridan, P.O. Box 164, Greenville, SC 29602. 800/777-9563.*

continued on page 21



THANKS TO VEGETARIANS, MEAT HAS NEVER TASTED BETTER.

Teriyaki all began with soy sauce. The very seasoning Buddhist monks brought to Japan from China in the 6th century A.D.



Naturally brewed soy sauce, the key ingredient in our Teriyaki, began with Buddhism.

Although soy sauce was originally served to enliven an all-vegetable diet, the rice-weary monks couldn't resist a brush with the occasional fish. Enter a wondrous marinade. Teriyaki (translated means "glaze broil") became a delicious partnership of soy sauce and sweet Japanese cooking wine. Centuries later, Japanese farmers landed on the shores of Hawaii. There they found ginger, brown sugar and green onions to be just the right complement to their homeland blend. Years later, in quest of the perfect teriyaki, Kikkoman married the Hawaiian and Japanese versions by blending a clever palette of herbs, spices, sugar and wine.

If, perchance, you meet a Buddhist monk, thank him on behalf of barbecue history. You might find that a chicken breast brushed with Kikkoman Teriyaki is a religious experience in itself.



Teriyaki Marinade & Sauce penetrates meats for an island flavor. For thick and easy teriyaki flavor, brush on Teriyaki Baste & Glaze.



To receive free Kikkoman recipes send a self-addressed stamped envelope to: Kikkoman International Inc., Dept. CS4A, P.O. Box 784, San Francisco, CA 94101.

K O I K K O M A N Z A



HOME STYLE

SO MANY CHOICES

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COLONIAL ACCENT

Newly loomed rugs bring back memories of old-time floor coverings. $12 per square foot. *"Reading No. 24," Thos. K. Woodard, 835 Madison Ave., New York, NY 10021. 212/988-2906.*



STRIPE UP THE BAND

Stripes take a new direction in fabric-covered bandboxes, designed to store almost anything. Suggested retail: $40 for both.

Available at most JCPenney stores and through their Spring '90 catalog.



SHADES OF GRAY

The charm of old weathered fencing is echoed in Marimekko's "Picket" wallpaper. Use it as a subtle backdrop for cozy country or clean contemporary. Suggested retail: $25.50 per single roll.

Marimekko, 7 W. 56 St., New York, NY 10019. 212/581-9616. BH&G



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Full-time traction and more controlled braking.

Aerostar's sophisticated 4-wheel drive is a full-time system which electronically senses road conditions and adjusts the amount of po given to each set of wheels accordingly. The r anti-lock brakes are designed to prevent rear wheel lock-up and help you make straight st

Powerful 4.0L V-6, standard.

Advanced technology isn't all there is to th Aerostar story. In addition to its standard 4.0 V-6, the new 4WD Aerostar offers attractive s ing, a comfortable interior and impressive ca bility. Put this all together and you've got a

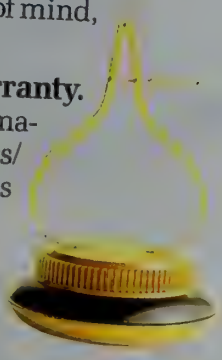
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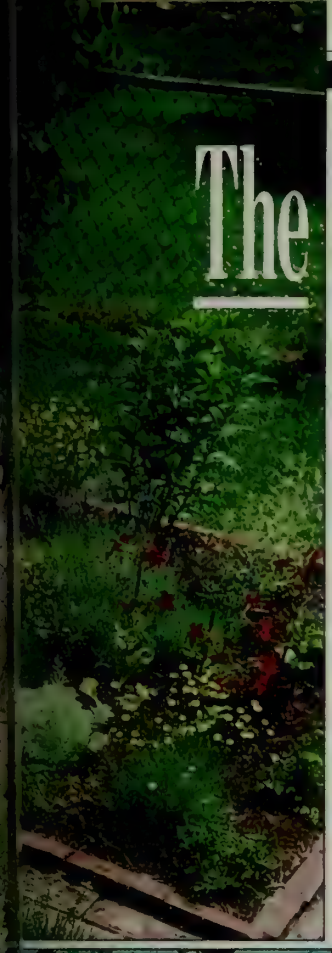
The Spice of Life

CULTIVATING AN EDEN FOR HERBS

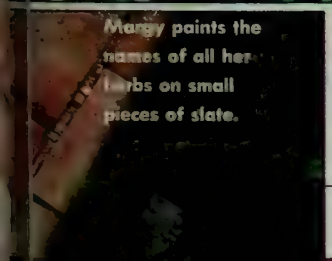
"The contrasting foliage of herbs intrigues me the most. What a wonderful variety of shapes and textures!"

—Margy Terpstra









Margy paints the names of all her herbs on small pieces of slate.

Having one of the best herb gardens in St. Louis wasn't really in Margy Terpstra's plans. In fact, even though Margy considered herself an avid gardener, she really didn't have much interest in herbs. "Originally all I wanted to grow were a few flowers to brighten the view from our deck," says Margy. "Then, three years ago I signed up for an herb course at the botanical center. Before I knew it, I was hooked!"

Soon Margy was hard at work designing every square inch of her 12 × 15-foot plot. "I spent an entire winter designing the garden. I knew that if I waited until spring, I'd never get it done," she says.

The finished garden contains more than 40 different species of herbs, each planted in color-coordinated groupings. "I think herbs are even more fun than perennial flowers," Margy says. "The plants come in such an incredible array of colors, textures, and fragrances. I particularly love how the gray-leaved species complement the green-leaved ones."

Surprisingly, Margy's immaculate herb patch doesn't require a lot of care. "If you work full-time, as I do, you come to appreciate how undemanding herbs really are," she says. "As long as they have a sunny spot, the plants are happy."

continued on page 26

BY DOUGLAS A. JIMERSON

PHOTOGRAPHS: BARBARA MARTIN. REGIONAL EDITOR: MARY ANNE THOMSON

Designing Your Herb Garden



PETER KRUMHARDT

INCLUDE A FOCAL POINT

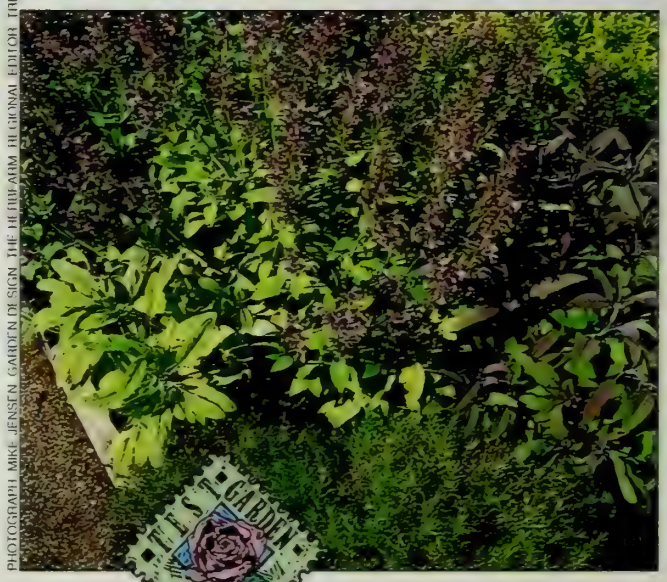
Stick with tradition and use a sundial, bee skep, or statue to add interest and charm to your herb garden. In our BH&G® Test Garden we planted our herbs around an old Victorian-style iron trellis that we bought at a roadside flea market.

Buying information, page *137*.



COORDINATE COLORS

Herbs are more colorful than you may think. Unlike flowers, which go in and out of bloom, herb foliage looks great all summer long. With careful planning you can weave a tapestry of green, yellow, purple, and gray. Here, purple perilla perks up basil and red-tinged mustard.



PHOTOGRAPH: MIKE JENSEN. GARDEN DESIGN: THE HERBARIUM. EDITORIAL EDITOR: TRISH MAHAFFEY

BLEND SEVERAL OF ONE TYPE

Herbs that come from big families tend to look their best planted together. That's why you might try massing your basils, mints, lavenders, thymes, and sages in small beds of their own. Here, red and golden sage team forces to grow near a pink-flowering clary sage.

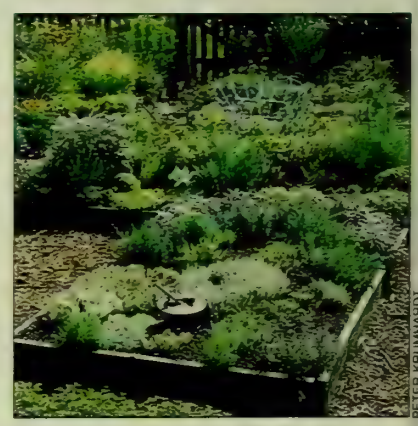
TEST GARDEN TIPS



Last May we planted 18 different species of herbs in one of our Test Garden beds. To keep the garden weed-free we mulched the plants with cocoa bean hulls.

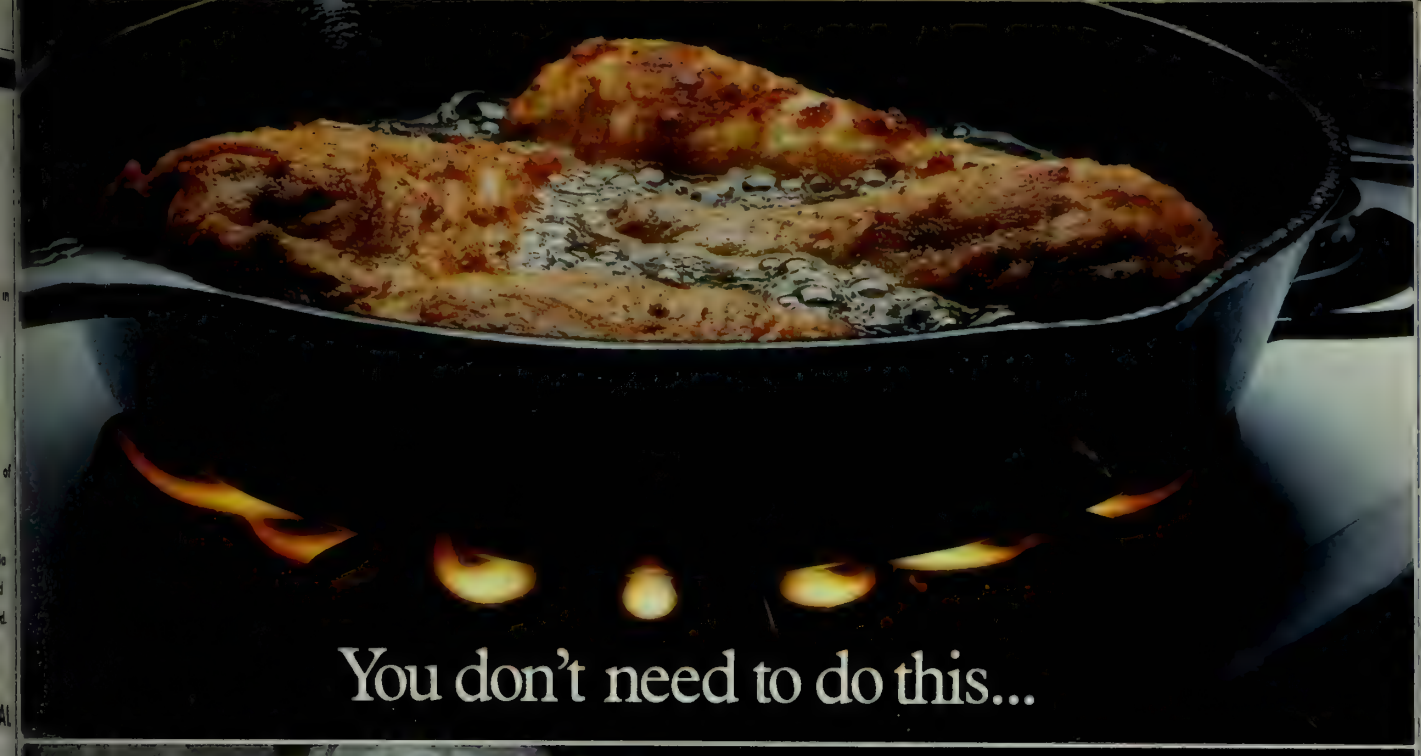
Tips from the Test Garden

- Plant your herbs where they'll receive at least six hours of sunlight a day.
- Herbs don't like wet soil. If your garden doesn't drain well, add some sand.
- Always plant salad herbs like arugula, curly endive, flat-leaved parsley, cress, and mustard together. As you harvest the area, you can replant with additional crops.
- Grow cold-sensitive plants like rosemary, scented geranium, bay, and lemon verbena in containers so you can move the plants indoors during the winter.
- In the North, prune back perennial herbs after a hard frost. Then, cover the plants with loose straw or polyester garden fabric.



PETER KRUMHARDT

By August, our herb garden had filled in completely. Except for an occasional watering, we gave the the plants no extra care. Harvesting continued until frost. BH&G



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A refurbished hallway showcases family photographs and vintage needlework.

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SENTIMENTAL JOURNEY

This mini-gallery serves as a passage between a front hall and the dining room. Its soft colors and personal objects invite travelers to sit awhile and examine the treasured contents within. The garlanded rug and embroidered samplers exhibit handcrafting talent of family members, while antique books and album photographs nod from the shelves.

FOLLOW THE LEAD

Here's how to conduct a gallery showing at your place:

- **Pull out a selection** of personal possessions that tell your story. Use prized handcrafts, photographs, awards, collectibles, and memorabilia.
- **Select a suitable place** for your mini-gallery, one that will surprise a guest at the top of the stairs, around a corner, or upon opening a door.
- **Add shelves and lighting** to put your special collections on a pedestal and spotlight them for all to see.

Photograph: Barbara Martin. Design: Steve and Susan Smith. Regional editor: Mary Anne Thomson

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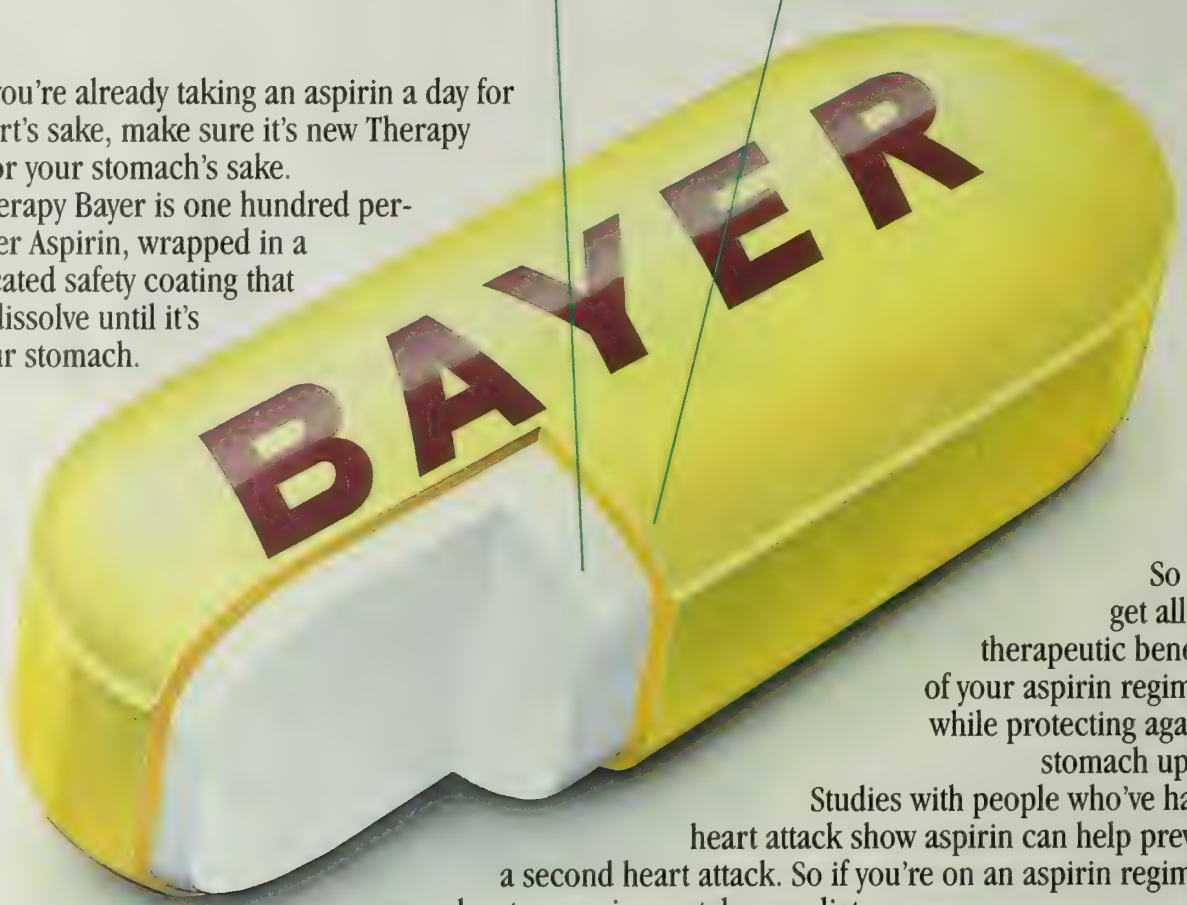
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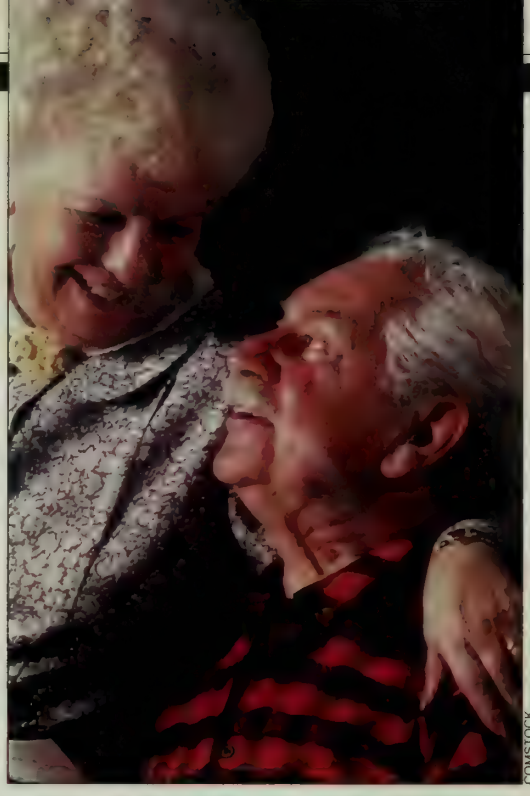


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A HELPING HAND FOR HOME CARE GIVERS

Relief programs ease the burden and improve care

BY NICK GALLO



COMSTOCK

Every day for the past six years, Margaret Wilson, a 72-year-old retired teacher, has provided practically round-the-clock care for her husband, Warren. She does the housework, laundry, and shopping. She oversees her husband's medical care and manages the family's finances.

The couple's dreams of retiring to relaxation and travel were crushed when Warren suffered a massive heart attack, then later developed Alzheimer's disease. In six years, Margaret has taken only one vacation—a brief trip to her 50th high school reunion. She has given up almost all of her regular outside activities, even attending church.

While she has considered taking Warren to an adult day center, she is afraid they can't afford it. "I try to be positive, but sometimes it's overwhelming," she admits. "I just fall apart and burst into tears."

> "The words were love, honor, cherish, till death do us part. Some of us meant it when we took those vows."

FAMILY CARE IS THRIVING

As many as 7 million family members spend part of their day taking care of ailing or disabled older people. Most of these care givers are women, usually elderly wives or adult daughters. They provide the major portion—80 percent or more, according to studies—of all care given to the frail elderly.

While family care givers often are ignored or taken for granted, they make a major contribution to health care in the U.S. This informal care system delivers more than 27 million days of unpaid care every week, according to one reliable estimate.

A recent Congressional report says "family care is one of the most critical factors in preventing or delaying" nursing home placement. "If care givers get sick, so will the nation," says Peter Vitiliano, Ph.D., a University of Washington professor of psychiatry and psychology.

A HEAVY BURDEN OF LOVE

Care givers provide a variety of support. Some deliver direct care—personal care, shopping, household help—while others arrange and coordinate community services. The help can range from occasional errands or help with shopping to 24-hour care, but often it's an everyday responsibility. Surveys reveal that 80 percent of care givers provide at least some assistance seven days per week, for an average of four hours a day. One in 10 care givers takes responsibility for round-the-clock care.

Typically, care givers offer their help willingly, out of love, affection, and loyalty for their relatives. "People are very proud of being care givers," reports Elsie Pinkston, Ph.D., a University of Chicago gerontologist.

Margaret Warren could not imagine feeling otherwise: "The words were love, honor, cherish, till death do us part," she says. "Some of us meant it when we took those vows."

THE TOLL THAT CARING TAKES

As determined as most care givers are, the burden often is too much to bear. Studies show that care givers endure high levels of stress, fatigue and exhaustion, financial hardship, isolation and loneliness, and loss of personal time. Under great strain, they develop problems with their own health.

Painful emotions surface as they care for their spouses or relatives. "Guilt, anger, confusion, a deep, deep sadness," sighs Judy Gallatly, 82, recalling the turbulence she has experienced ever since her husband Don was diagnosed with Alzheimer's disease. "Even grief," she adds. "My husband is still alive, but I grieve for the man I used to know," Gallatly explains.

Elaine Brody, MSW, a gerontology researcher, studied adult children of aging parents—primarily women aged

continued on page 34

—Nick Gallo, a frequent contributor to these pages, writes often about health care concerns for national magazines.

continued from page 33

40 to 60—and discovered similar emotional turmoil, with an additional set of problems. The "women in the middle," as she calls them, are "sandwiched" between the competing demands of their parents, husbands, jobs, and, sometimes, even young children of their own. (Currently, experts estimate that 1.8 million women care for elderly members of their family and raise children at the same time.)

More than half of the women Brody studied suffer from depression, anxiety, exhaustion, and feelings of helplessness as they juggle responsibilities. "Women in the middle try to do it all, and they can't," she says.

Prolonged stress can lead to burnout among care givers. Signals include: irritability, depression, exhaustion, headaches, stomachaches, sleeplessness, anxiety and other personal health problems, alcohol or drug misuse, family problems—even abuse of the loved ones under their care.

These stressing factors can overwhelm even the most stalwart person. "Care givers become so consumed with their task that they ignore their own needs," says Paula Dromi, Ph.D., a California gerontology (aging) researcher.

This neglect, notes Dromi, can boomerang and negatively affect the care being offered. "The quality of the help they give depends on their own well-being. It's like being in an airplane in a crisis. You must put the oxygen mask on yourself first if you want to help others."

From One Care Giver to Another:

"Don't add to your burden by over-helping your loved one. Don't blame yourself for unavoidable changes in the course of his or her illness. Don't let your loved one's mood swings and bad days make you a martyr. Don't be stubborn about bearing more of the burden than you can reasonably carry. While doing the best you can, remember this: 'To thine own self be true. Thou can not then be false to any person.' And then, through your times of trouble and burden, you will be a survivor!"

—By Judy Gallatly, 82

WHERE TO FIND RELIEF

Help for care givers is fragmented, not always available, and sometimes expensive. The major government reimbursement programs for elder care—Medicare and Medicaid—favor hospitals and nursing homes. Less than 5 percent of Medicare spending goes to cover home care costs.

Nevertheless, various kinds of services can lessen the burden for care givers. These include:

● **Information assistance.** Start by contracting your local Area Agency on Aging (found in your telephone directory in the blue pages under Government Offices) or your state Department of Aging. People at these agencies will refer you to community resources, such as home health care services, home safety and repair programs, in-home chore and personal care services.

Many Area Agency offices have "care managers" who will assess your situation and recommend a strategy. They can help cut through complex paperwork.

United Way, hospitals, churches, social service agencies, and senior centers in your area are other good sources for supportive services. Their programs may require a voluntary donation only or have sliding fees, based on your ability to pay. Another source of referrals is your local Alzheimer's Association.

● **Respite care.** Surveys show that the single most urgent need of care givers is for respite care, an umbrella term for temporary relief services. Respite programs give care givers a much-needed break. Even brief periods of relief—a weekend off, or just a couple of hours during the day—have been shown to be restful and reinvigorating for care givers.

Respite care traditionally has served families with developmentally disabled children, but is now becoming popular with families of frail elderly.

Informally, family members, friends, and neighbors can give relief by running errands or providing transportation. Formal respite programs are offered either in home or out of home.

In-home care features trained workers who travel to your home to provide care. They provide assistance, supervision, and companionship. Some also have licensed nurses who can handle medically oriented tasks.

Home health agencies, hospitals, and special state-funded programs typically coordinate respite programs. Religious and service organizations also may have respite volunteers, who will provide care free of charge.

In-home care avoids transportation hassles and allows the older person to stay in familiar surroundings. Its main drawback is cost. In most states, public funding for home-care services is limited. Depending on your circumstances, you may be eligible for low-cost care through a Medicaid waiver program, but most respite care is private pay. Costs range from $6–$10 an hour to hire companions, often with a four-hour minimum charge.

Out-of-home respite includes adult day centers and temporary stays in nursing homes. At day centers, older persons socialize and participate in group activities, often improving their mood and outlook. Costs for such care are $8 an hour and up.

Respite-care beds occasionally are available at nursing homes. These enable a family to enjoy an extended vacation, with care provided at a licensed facility by skilled staff members. Unfortunately, for many families the costs of such care are prohibitive.

At Duke University, studies show that respite care benefits care givers, easing frustration and isolation. Yet, families often fail to take advantage of programs, says Lisa Gwyther, MSW, a social worker at Duke University Aging Center. "There is a general reluctance to ask for help," she says.

Frequently, families hesitate to spend money on themselves, notes Bobby Heagerty, M.A., a program director at Good Samaritan Hospital & Medical Center in Portland, Oregon. "It is understandable, but care givers who take care of themselves are benefiting the patient, as well."

● **Legal advice.** Someday, your spouse or relative may require nursing-

continued on page 36

How easy is it to plan a winter baby?

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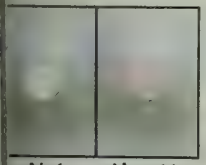


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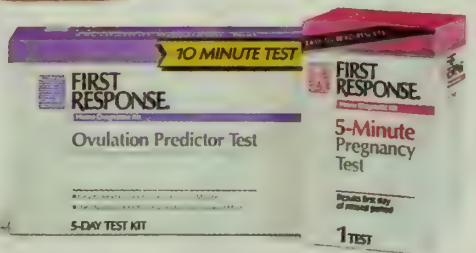
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continued from page 34

home care. Experts remind care givers to consult an attorney about legal strategies *before* this occurs. Things to consider: What is the best way to protect assets? How do you take over responsibility for a person who can no longer make decisions? Discuss legal arrangements such as joint bank accounts, power of attorney agreements, guardianship, or trust.

● **Financial advice.** A caseworker at your Area Agency on Aging can help you make informed choices about long-term care options. In addition, check with a financial planner, accountant, or tax professional to make the most prudent money management decisions. Working care givers may take a tax credit to help defray the cost of substitute care givers. Also, some companies offer employees limited reimbursement for care-giving expenses.

● **Emotional support.** Commonly, care givers feel angry, bitter, or trapped, says Heagerty. "People are ashamed, but these are natural feelings," she says. "It helps to be able to express them in a supportive setting."

Support groups supply large doses of sympathy and understanding. They reassure a care giver that she or he is not alone. Check with a hospital, mental health association, college, or social service agency for groups or consider seeing a mental health counselor.

COPING WITH CARE GIVING

Care giving is arduous, complex, and often lonely. Experts offer these tips on coping successfully:

1. Set realistic goals. Accept your limitations: Do your best to assure quality of life, comfort, and safety for your relative, but don't try to work miracles.

2. Ask for help. Attempting to be a 24-hour, on-call nurse is an impossible task. Suggest ways for other family members to contribute. If they are unavailable, ask a friend or neighbor to help for an hour or two a week. Hire respite-care workers, if affordable.

3. Take personal time. Spend your respite time doing pleasant things—not catching up on other tasks.

4. Pay attention to your own health. Exercise, rest, eat well-balanced nutritious meals.

5. Learn home-care skills. Ask home-care specialists, nurses, and

ther professionals for ways to manage uch problems as body mechanics, skin are, incontinence, and so forth. Knowng what to expect and how best to reond will boost your confidence.

6. Plan with, not for, your family nember. Respect an aging person's eed for autonomy and involve him or er in decision making. If they won't ccept help for needed services, enlist he help of a doctor or social worker.

7. Discourage dependency. A ase Western University study shows hat being dependent on someone for are leads to depression. Families can elp by encouraging a dependent person to make contributions, even small nes, to the household.

8. Stress the positives. "I keep a reasury of memories that I won't let go f," says Judy Gallatly, whose husband ow lives in a nursing home. "We had errific times and I don't ever want to orget them."

At the conclusion of her support roup meetings, Gallatly and others reeat to one another: "We are wonderful eople. We are doing the best we can nder difficult circumstances."

ONG-DISTANCE ARE GIVING

What if your mother ves alone 1,000 miles way and can't manage n her own anymore? low do you coordinate ervices from far away? ne solution: Hire a gelatric care manager.

Usually, care managrs will evaluate your elative's situation, ake suggestions, set p services, follow up ith telephone calls, nd keep you informed.

Generally, it's best to nd a care manager here your relative ves. Call the state ofce on aging for referals. Often, nonprofit roups such as hospitals nd religious charities fer services.

Private, for-profit re managers also supervise care. To nd one, go to your public library and eck the Yellow Pages of your relative's town under Social Services, Aging Services, or Senior Citizen Services.

Or, check with the National Association of Private Geriatric Care Managers, which publishes a listing of about 300 members across the country. (See the list at end of this article for addresses and other resources.)

Care management is generally unregulated, so review credentials carefully before you hire. Specialists should hold a master's degree in one of the social services, be licensed to practice that specialty, and have several years of work experience in geriatrics.

Fees vary widely, with initial consultations usually costing $100 or more. Make sure you discuss all fees and services *in advance,* especially if you are planning follow-up care.

THE COMING CRISIS

The "care giving crisis" will grow more widespread in the coming year. Here are a few of the reasons:

- The elderly population is increasing at a rapid rate, especially the over-85 group, creating greater demand for care givers.
- Hospitals are encouraged to release patients "quicker and sicker," forcing families to do tasks once performed by skilled nurses.
- Families prefer home care over institutions.
- Smaller family sizes and more women in the labor force mean fewer family care givers will be available.
- The federal government has not developed a comprehensive plan for delivering long-term care.

FOR MORE INFORMATION

For general information, contact:

AARP Fulfillment, 1909 K St., NW, Washington, DC 20049. Ask for a free copy of their brochure "A Path for Caregivers," Stock No. D12957.

National Council of Senior Citizens, 925 15th St., NW, Information Center, Washington, DC 20005; 202/347-8800. Membership fee.

The Older Women's League (OWL), 730 11th St., NW, Suite 300, Washington, DC 20002; 202/783-6686. Note: Membership fee.

Children of Aging Parents, 2761 Trenton Rd., Levittown, PA 19056; 215/945-6900. (Note: CAP calls collect when returning calls.)

Alzheimer's Disease Assoc., P.O. Box 5675, Dept. BHG, Chicago, IL 60680; 800/621-0379.

National Association of Private Geriatric Care Managers, 1315 Talbott Tower, Dayton, OH 45402. Will send a list of care givers throughout U.S.

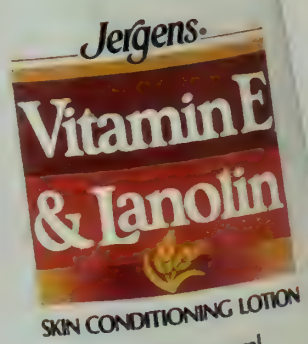
Books: *The 36-Hour Day,* by Nancy Mace and Peter Rabins (Johns Hopkins Univ. Press).

Caregiving: Helping an Aging Loved One, by Jo Horne (AARP, 1985).

Overflowing with natural healing ingredients.

The same healthy ingredients are at your fingertips in Jergens Vitamin E & Lanolin® Skin Conditioning Lotion. With Vitamin E and skin-softening lanolin in a formula that helps heal dry skin nature's way.





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You've tried
just about everything
for your hay fever...

Have you tried your doctor?



If the OTC allergy products you've tried have disappointed you, consider this:

Antihistamines: No antihistamine sold over-the-counter can relieve your allergy symptoms...sneezing, runny nose, and itchy, watery eyes...without risk of drowsiness.*

Decongestants: Any decongestant that claims it won't make you drowsy cannot relieve allergy symptoms other than nasal congestion.

The solution: See your doctor, because your doctor has advanced prescription medicines that can relieve your allergy symptoms without the drowsiness you may have had before.

Ask your doctor if Seldane® (terfenadine) **is right for you:** Seldane is different. That's why it can quickly and effectively relieve your seasonal allergy symptoms without the drowsiness you may experience with older antihistamines.† No wonder Seldane has become the most prescribed allergy medicine in the world.** As with all prescription medicines, only your doctor can determine what is best for you.

WHAT ALLERGY MEDICINES DO ...AND DON'T DO.

	Symptoms relieved	Lets you stay alert (doesn't cause drowsiness)
SELDANE® (terfenadine) Rx prescription only	sneezing runny nose itchy eyes watery eyes	YES†
OTC ANTIHISTAMINES†† Benadryl® Chlor-Trimeton®	sneezing runny nose itchy eyes watery eyes	NO
OTC DECONGESTANTS†† Sudafed®	nasal congestion	YES
OTC COMBINATIONS†† Allerest® Dimetapp® Actifed® Drixoral® Contac® Dristan®	sneezing runny nose itchy eyes watery eyes nasal congestion	NO

*Definition of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
†The reported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
**Based on worldwide prescription and distribution information (1986-1989)—data on file.
††Source: *Physicians' Desk Reference for Nonprescription Drugs®*. Oradell, NJ: Medical Economics Company, Inc., 1989.

SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

To get the booklet, "The facts about what allergy medicines do...and don't do," call:

1-800-4-HAY FEVER

SELDANE®
(terfenadine) 60 mg tablets
Ask your doctor if it's right for you.

©1990, Merrell Dow Pharmaceuticals Inc.

Seldane®

(terfenadine) 60 mg Tablets

BRIEF SUMMARY: CAUTION: Federal law prohibits dispensing without prescription

DESCRIPTION: Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE: Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS: Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS

Information for patients Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, mutagenesis, impairment of fertility

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

General: Consideration should be given to potential anticholinergic (drying) effects in patients with lower airway disease, including asthma.

ADVERSE REACTIONS: Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth Nose Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS

**Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months

***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients)

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia, (hair loss or thinning), anaphylaxis, angioedema, arrhythmia (including ventricular tachyarrhythmia, torsade de pointes and ventricular fibrillation), bronchospasm, confusion, depression, galactorrhea, hypotension, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, palpitation, paresthesia, photosensitivity, prolonged QT interval, seizures, sweating, syncope, tachycardia, tremor, urinary frequency, and visual disturbances. In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis, in most cases available information is incomplete. In neither the clinical trials nor marketing experience is a causal relationship of liver abnormalities to Seldane use clear.

OVERDOSAGE: Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION: The usual dosage for adults and children 12 years and older is 60 mg (1 tablet) twice daily.

Product Information as of January 1990 Y460D

MERRELL DOW PHARMACEUTICALS INC.
Cincinnati, Ohio 45215, U.S.A.

Merrell Dow

U.S. Patent 3,878,217
Other patent applications pending

FITNESS MATTERS

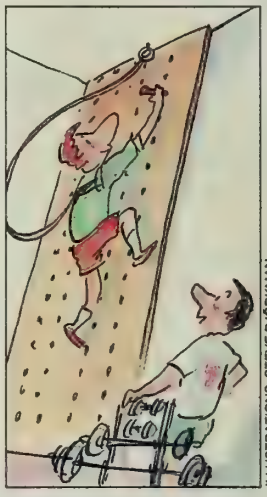
GOOD NEWS ABOUT SHAPING UP

HANG IN THERE
Climbing walls for fitness

This might be enough to drive you up a wall—a wall to fitness, that is.

For many years, serious rock climbers have stayed in tip-top shape in the off-season by climbing on artificial handholds attached to the walls of basements, garages, and even sturdy warehouses.

Now numerous health clubs, retail stores, and college campuses are constructing indoor walls. The idea is to attract hard-core rock climbers in addition to exercisers trying to get the hang of vertical workouts after years of ho-hum horizontal experiences.



ILLUSTRATIONS: STEVE BJÖRKMAN

Today, climbing the walls is good for you.

There's nothing ho-hum about climbing. It's playful, challenging, and sometimes exhilarating, says Bill Bancroft of Midwest Mountaineering in Minneapolis, which has an indoor wall. Working out on walls and rock, he adds, may help you face fears and gain confidence in your physical abilities.

Climbing is also chock-full of fitness benefits. You can strengthen your entire body as well as improve your flexibility and balance.

Caution: Learn the ropes before climbing. For your protection the club or store should insist that you use a harness properly tied to a safety rope.

EXERCISE AND THE DISABLED
Videotape for those in wheelchairs

Many makers of exercise videos for the disabled are "naive," proclaims Los Angeles wheelchair user Allen Myerson.

They've created exercises that are much too easy or unrealistic, he says. The videotapes are made "without any thought given to being handicapped."

So Myerson and friend Alex Slábo made their own workout video. "Keep Fit While You Sit" includes seven minutes of warmup; 20 minutes of aerobic exercises for the arms, torso, neck, and shoulders; and eight minutes of cool-down. Exercisers in wheelchairs are pictured performing the various aerobic routines.

The video sells for $29.95; $1 is donated to the American Paralysis Association's research fund for each tape sold.

To purchase the video, and ready-to-wear clothing and accessories for wheelchair users, call Everest & Jennings Avenues at 800/848-2837, ext. 5.

DON'T WORRY; DO EXERCISE
You may have a friend in fitness

Chalk up another benefit for fitness: It may help you recover more quickly from stress.

A study by researchers at the University of British Columbia suggests that fit people who are exposed to anxiety-provoking experiences will relax more quickly afterward than those individuals who are unfit.

Two groups of men—one group fit and the other not—were used in the study. Women were not mixed with men, says psychologist Bonita C. Long, Ph.D., because women generally tolerate stress better than men.

The two groups climbed down the side of a 50-foot building, using a method known as rappelling. To rappel is to attach yourself to a secured rope, lean backward into the air from an edge,

continued on page 42

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BETCHA GONNA LIKE IT BETTER, TOO™



FITNESS MATTERS

continued from page 40

and then lower yourself to the ground.

This caused equal amounts of anxiety in both groups, especially because no one had rappelled before.

However, in the hour after rappelling, the fitter group got over the anxiety faster, based on a mood checklist and on how fast blood levels of a stress hormone dropped to normal.

It's unclear why fitter people seem to recover from stress faster. Repeated exercise may dampen the way nerves and hormones respond to stress generally. "There may be a subjective sense among the fit that they can psychologically handle stress better," Long says.

PUT A LID ON IT
Don't sip from tennis ball containers

It's to your advantage to refrain from drinking from those handy plastic tennis ball containers.

The net effect of such sipping is beverages tainted with toluene, thiocyanic acid, and trichloroethane, says a University of Wisconsin study.

These compounds—from the glue used to stick felt to the balls—were found in water added to newly opened containers. Levels of the contaminants in this study were not toxic. But that may not be true in the future. "Glues or dyes may change," says Peter Karofsky, M.D., author of the study.

This doesn't excuse you from drinking on the court. Drink often—four to six ounces every 10 to 15 minutes—to avoid dehydration. Just do it from clean jugs or, if you must, from well-rinsed ball containers, says Karofsky.

LOVE-5
Tennis for seniors is aces

If you are 50 or older, the U.S. Tennis Association is courting you.

The USTA wants you to play in the Senior Recreational Tennis League, which was developed to promote activity and fitness among older folks.

Haven't played much? Not good enough for a high-powered league? Don't worry. The league is for those at the intermediate level and below.

To organize play, write for a start-up kit ($5 and postage) from USTA Publications Department, Dept. BHG, 707 Alexander Road, Princeton, NJ 08540.

TEAMING UP WITH TIME
The importance of timing your workouts

Watch the clock when planning your daily workout, and you may watch your performance improve dramatically.

A University of North Texas study examined two groups of people who bicycled intensely five days a week for six weeks. One group worked out only in the early morning, the other worked out only in the afternoon.

After six weeks of training, both groups were tested, once at 6:30 a.m. and again at 4 p.m., to see how long and hard they could sustain a program of vigorous bicycling.

The afternoon group's exercise intensity was 10 percent higher in the afternoon than in the morning.

The morning group showed no difference between time-of-day testings. That proved to be a plus for the morning risers, says David W. Hill, Ph.D., because

exercisers typically perform worse in the morning. That's because body systems are not fully awake.

The study is especially important for those individuals who plan to compete seriously in athletic events. Hill suggests you do your training in the hours that the event is scheduled to take place. You'll have time on your side.



Extra padding can save your skin.

CYCLE SAFETY

Hold onto your helmet; add gloves

Covering your noggin with a helmet is good bicycling safety. But it's not enough, according to a study of bicycle accident patients.

The 10-month study, done at a New York City medical center, found that more than 25 percent of the bicyclist patients examined had scrapes and bruises. Yet the majority of those injuries did not involve the head. In fact, nearly 20 percent were fractures of the forearm, hand, and wrist.

Twenty-seven percent were hit by moving vehicles, and 25 percent were hurt when they fell from their bike.

The most troubling statistic was that only 15 percent of the cyclists were wearing a helmet, the most important piece of safety protection in cycling.

James J. Tucci, M.D., who is at the State University of New York at Brooklyn and co-author of the study, recommends not only a helmet, but also padded gloves, elbow pads, and perhaps forearm padding. This look may not be fashionable, he says, but it's safer.

BY GARY LEGWOLD

Free-lance writer Gary Legwold, a frequent contributor to these pages, does his exercising in Minneapolis.

WHICH DIARRHEA REMEDY SHOULD YOU TAKE?

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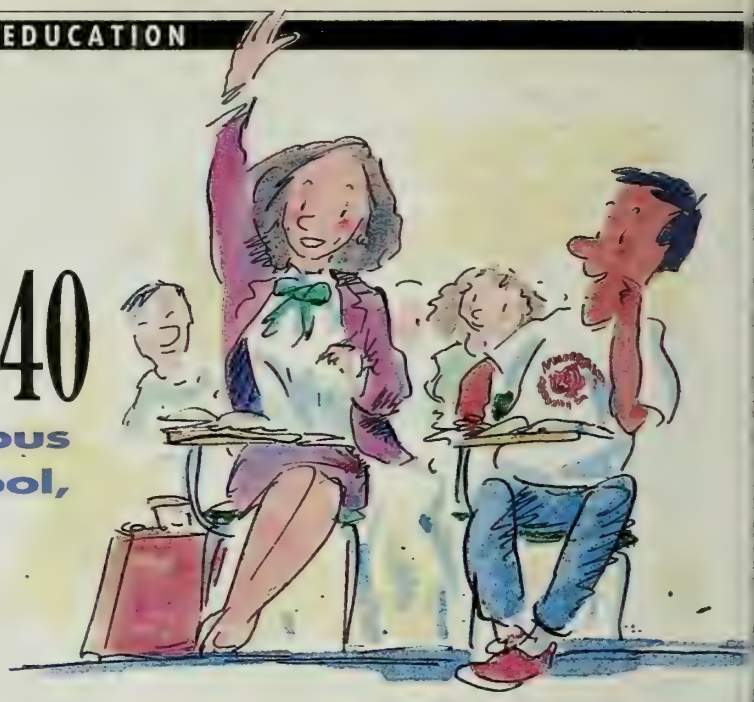
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WHEN THE FRESHMAN IS 40

How Adults on Campus Balance Family, School, Work—and the Checkbook



BY ANDREA ATKINS

On the day she was robbed by an armed criminal, Susan De Rosa, 38, decided it was time to pursue her lifelong dream of becoming a teacher.

"This robbery was a life-changing experience for me," De Rosa says. "I realized that life is short. I decided I was going to do something that I always wanted to do—be a teacher."

Although she had children aged 15 and 11, a husband, and a full-time job she enrolled at Queens College in New York to earn a degree in education.

Life-changing experiences propel many adults back to school, says Carol

From the first hungry cries long past the rummaged drawers, they steal our hearts, and our energy.

Endlessly, we comfort, teach, encourage. Efforts that demand we care for ourselves as well. That's where Citrus Hill Plus Calcium comes in. It's 100% pure orange juice with extra nutrition that's as beneficial for us as it is for them. Because without



B. Aslanian, director of the College Board's Office of Adult Learning Services. Many more—about 57 percent—start or return to college to enter, advance, or nurture their careers.

Whatever your reasons for seeking a college degree, now is a better time than ever for adults on college campuses. More than 40 percent of the students in America's colleges this year are over 25 years of age, according to the National Center for Education Statistics. Of those, more than 60 percent are women, more than 80 percent are working full-time, and many are using life experience to get credits, and a jump on their degrees.

ESPECIALLY FOR ADULTS

The number of high school students is declining, so many colleges need older students to fill classrooms. According to Aslanian, college administrators are finally starting to realize that adults can be lured back to school with programs geared to older learners.

Of course, not all colleges have gone out of their way for their adult students, but many institutions are getting better, Aslanian says.

Today you'll find more evening courses, more parking for commuter students, classes conducted at more convenient, off-campus sites, and child care. Some classes meet on Saturdays. Campus counselors are increasingly prepared to help older students. Some schools even gear programs to help adults find study companions, handle term papers, and generally cope with classroom demands.

Colleges are becoming more savvy about adult students, offering evening and Saturday courses, child care, and special support groups.

Robert Weller directs such a program at Queens College in New York. Adult Collegiate Education (ACE), as it's known, eases older students into college life. Weller says colleges that sponsor such programs try to recognize and encourage adult students.

Pat Chepourkova agrees. Chepourkova, 37, enrolled at Mills College in Oakland, California, and joined the campus' Mary Atkins program, a support group for older students. "It's a place where we can get together and shore each other up, a place where we've learned how to help each other out, not put each other down," Chepourkova explains.

Adults at Queens College take their first 36 credit hours in the ACE program. "It's heavily structured, so you don't waste a lot of time," Weller says.

COMPETING WITH YOUNG MINDS

A support system for adults can be helpful, because many adults reenter school thinking the way Susan De Rosa

continued on page 46

lequate calcium, our bones can age faster than
ey should. The beauty of Citrus Hill Plus
alcium is that it provides the same amount of
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ıcredibly, 81% of women 20-49 don't get the calcium they should. And since our bones lose density as we age, insufficient calcium now could mean eak, brittle bones later.
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Citrus Hill Plus Calcium. Because
healthy kids need healthy moms.

continued from page 45

did. "I was so apprehensive about competing with those young minds. I thought they were going to be so sharp and here I was starting all over again," De Rosa recalls. "After a while, though, I thought, 'Why was I afraid of these young kids? They can't shine our shoes!' With our life experiences, they were asking us for answers."

Queens College's Weller says most adults discover that being older is not a liability; it's an asset.

"Older students already have some work experience and some emotional maturity. They are relished by other students and faculty because they bring those experiences into the classroom," he says.

Adults know some other things, too. They understand the pressures of caring for a family and going to school at the same time. "I know what it's like to stay up all night and iron shirts, have a paper due, and have reading to finish," says De Rosa, who also gave birth to her third child during her junior year. She made arrangements with professors for ways to earn credits after the baby was born that semester.

It may seem as though DeRosa faced overwhelming odds, but she was determined to pursue her dream, she says. She didn't do it alone.

Without the help of her husband and children around the house, De Rosa says she never would have completed her degree. Family members pitched in with cooking, cleaning, and laundry. Sometimes they didn't like it, DeRosa recalls with a laugh, but they all understood that she was serious about what she was undertaking.

Now a fifth-grade teacher, she hasn't slowed down; she's still in school, working toward her master's degree.

"I am living proof that you can have it all," she says. "You can go to work, have a family, and go to school. It's not the impossible dream. It's there, you just have to reach out for it. If you're having problems, there are many people who will help you."

> "You can go to work, have a family, and go to school. It's not the impossible dream. It's there, you just have to reach out for it."

MAKING IT WORK FOR YOU

Besides stressing your home life, college can stress your pocketbook, too. Average cost of tuition and fees at a public college for the 1989–90 school year was $1,694, according to the College Board. Books and supplies average $450 to $460, food costs $1,350 to $1,500, transportation, $700 to $750, and other expenses about $1,000. The grand total: $5,400 per year. Of course, everyone's expenses vary, and you may be able to hold down costs by eating at home, using public transportation, or buying used books. (See box for advice on how to handle college costs.)

There's no doubt that going back to school is difficult, but it doesn't have to be impossible. Here are some things to keep in mind when planning your return to the world of education:

● **Visit campus at the hours you'll be attending classes.** This will help you understand what it will be like for *you* to be a student there. Check to see if there are other adult students around who might be like you.

● **Talk to other adult students about the program.** They are the ones who will be candid about their experiences. Don't be shy about asking the questions needling you the most. You can find adult students through a helpful admissions officer or campus continuing education office. Or attend a class and meet some of the adults.

● **Look for signs that adults are welcome on campus.** Judith Koloski, executive director for the American Association of Adult and Continuing Education, recommends noting such things as the convenience of registration hours, the availability of Saturday classes, and whether the student government has spaces for representatives of the adult population.

● **Look at admissions requirements.** "Are they going to make you jump through hoops as if you had just gotten out of high school?" Koloski asks. Then you may not find an environment that's particularly hospitable to adults. Look for a school that might accept life experience credits or shows some flexibility in admissions.

● **Be your own advocate.** "You have to be proactive about your education," Koloski advises. "Go down to that school and tell them what you want."

FINANCING YOUR EDUCATION

How you pay for college may seem like an insurmountable problem. But there are many sources for financial aid and loans, some of which you may not have even considered. Listed below are several books that contain information useful to adults who are looking for ways to pay for school.

● *Paying for Your Education: A Guide for Adult Learners,* published by the College Board.

● *A Consumer's Guide to Colleges for the Adult Learner,* by Sharon Hayenga, Laura Adams, and Norma Rowe, CAEL Publications.

● *So You Want to Go Back to School: Facing the Realities of Reentry,* by Elinor Lenz and Marjorie Hansen Shaevitz, McGraw-Hill Book Company.

Check your library for these books and others on financing education.

PAYING FOR COLLEGE: TIPS FOR COPING WITH COSTS

Adults are just as qualified as 18- to 22-year-old students for a share of the $26 billion in financial aid available this year, explains Kathleen Brouder, who is the director of the College Board's College Scholarship Service.

Your chances are better if you attend half- or full-time than if you take one course at a time. How do you find aid?

● **Fill out a Financial Aid Form (FAF).** Get one from your admissions office, to help you figure out how much you can afford toward your education.

● **Plan ahead.** The more time you give yourself, the better your chances of having the money you'll need.

● **Investigate your employer's tuition reimbursement program.** "The most underused fringe benefit is tuition reimbursement," Brouder says.

● **Contact professional organizations in your field of study.** They may offer scholarships. Also, some groups offer scholarships and grants to specific populations. For information, check your library for a listing of associations.


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1. Mickey's hand. 2. A teacup from the Mad Tea Party. 3. Cinderella's Castle. 4. Tigger's tail. 5. The Official Card of Walt Disney World® and Disneyland®. It not only gets you in, it's welcome at resort hotels, shops and restaurants throughout the vacation kingdom.

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—Linda Merold
January 11, 1990

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*Queen Mary Voyage to 1939 every day through Dec. 31, 1990. © WCO Port Properties, Ltd.

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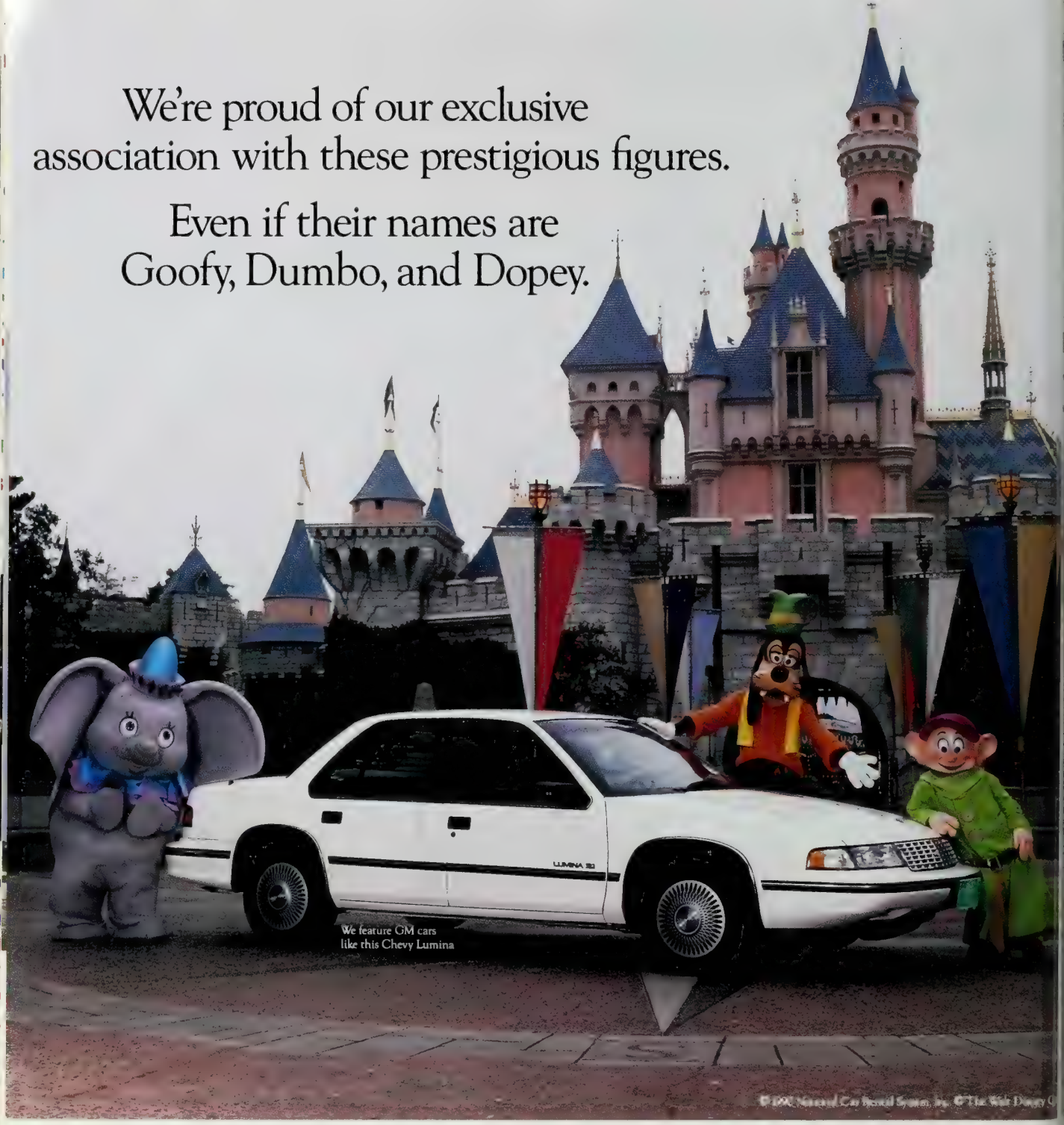
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ARE YOUR DAILY HABITS DEADLY?



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Wild animals, such as deer, need our help.

We've all done it. We're picnicking at the beach or in the woods and we carelessly leave garbage behind, sometimes just a single wrapper or soda can. Then, we get home, turn on the TV, and react with shock and outrage as we hear of elephants being killed by ivory poachers.

The fact is, garbage left at the beach can be as lethal as the poacher's elephant gun. Many of our seemingly innocuous daily habits have a devastating impact on creatures great and small in our communities. Here's a guide to some common problems, and solutions that will save animals.

PROBLEM: Thousands of sea turtles, whales, birds, and fish choke to death or drown every year from eating or getting tangled in plastics and trash.
SOLUTION: Don't toss garbage, especially plastics, into any body of water. Animals often mistake floating debris for food. They can choke on such things as balloons, garbage bags, plastic foam cups, cans, bottles, and food wrappers. Some are strangled by plastic six-pack holders, onion sacks, and fishing lines.

To make life easier on all wild animals, use caution when disposing of plastic. For example, before throwing six-pack beer and soda holders into the garbage, cut the loops apart. In addition, keep plastic out of your local sewer system by being careful about what you flush.

PROBLEM: Hundreds of thousands of deer and other animals are killed on our nation's highways each year.
SOLUTION: Slow down while passing deer-crossing areas and while on dark roads. Ask your state department of transportation about installing deer reflectors in heavy deer-crossing areas.

PROBLEM: Ivory jewelry and carvings are often the direct by-product of illegal African-elephant poachers. Reptile skins and leathers are also suspect, says the World Wildlife Fund.
SOLUTION: Bypass ivory and other jewelry, clothing, and food made from exotic, threatened, or endangered species. Prohibited imports include all sea turtle products, most crocodile and lizard skins, and most wild bird feathers, mounted birds, and skins.

To learn more about illegal wildlife imports, write for a free brochure: Buyer Beware, World Wildlife Fund, 1250 24th St., NW, Washington, DC 20037.

PROBLEM: Chemicals used in and around your home can have dangerous effects on all kinds of animals. Rodent poisons, for example, often kill animals that feed on the poisoned rodents.
SOLUTION: Use chemicals to kill rodents as a last resort. Try alternatives such as wire fencing or live trapping. On your lawn and in your garden, use only nontoxic chemicals or go chemical-free. To find out more about lawn and garden chemicals and alternatives, send $2 to the National Coalition Against the Misuse of Pesticides, Attn: Lawn Care Packet, 530 7th St., SE, Washington, DC 20003.

—By John B. Thomas

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WHEN GOOD KIDS GO BAD

Everyone occasionally takes a wrong turn on the road of life

BY JOHN ROSEMOND



STEVE BJORKMAN

I'll never forget the morning of July 5 a few years ago. A police car was parked outside my neighbor's house, and the crackling radio sounds pierced the quiet air.

Someone, my neighbor said, had blown up his mailbox, using a package of firecrackers. The mailbox dangled, mortally wounded, from its post.

What a coincidence, I thought. Just the night before, after hearing a loud boom outside, I had confiscated a bag of firecrackers from my son, Eric, then 13.

Returning home, I found Eric, and told him: "I saw the neighbor's blown-up mailbox."

His eyes opened wide and he blurted, "It wasn't just me, Dad!"



"As far as I'm concerned, it *was* just you," I said.

He looked down at the floor. "I'm sorry, Dad."

"Being sorry isn't enough. Blowing up a mailbox is a crime, and there's a policeman outside who wants to talk with you."

Several minutes later, I was back outside, Eric in tow.

"Here's your man," I announced to the neighbor.

"Whether you choose to press charges or not, Eric will pay for the mailbox. He will also be happy to do some work around your house to compensate for your inconvenience and your upset."

The neighbor was kind enough not to press charges, and for the next few weeks, Eric mowed the neighbor's lawn and weeded. In addition, the money Eric was saving for a new bicycle accessory instead was used to pay for the neighbor's new mailbox.

You might say I laid a guilt trip on my son. You'd be right. Guilt is a necessary human emotion. Without it, civilization would come apart at the seams.

PROTECTIVE PARENTS

More and more lately, I hear of parents who seem to be unable to accept that their children might occasionally do something wrong.

In neighborhoods from Seattle to Seekonk, too many of today's parents seek self-esteem through their children. If their children are well-behaved, parents feel good about themselves. However, if their children misbehave, parents feel threatened and respond to protect not only the children, but themselves as well. What they should remember is this:

- Even the most well raised children can be counted on to indulge in occasional wrongdoing.
- When children misbehave, their parents' primary obligation is to make sure the children are held responsible for their actions.
- Children whose parents hold them accountable for their behavior are less likely to misbehave.

BUILDING SELF-ESTEEM

Accepting responsibility for their own behavior helps children develop self-control, which is another boost to self-esteem. The more successful children are at controlling their lives, the better they feel about themselves.

Teaching children the difference between good and bad behavior also involves teaching them when it's appropriate to feel guilty. This is how conscience develops. And conscience is what keeps good kids, even though they might occasionally do bad things, from going truly bad.



—Family psychologist John Rosemond is author of The Six-Point Plan for Raising Happy, Healthy Children *(Andrews/McMeel).*





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FROM DOWDY TO...

DYNAMITE!

BY WILLIAM L. NOLAN

Keith and Shelley Fevold are all smiles for good reason. They've just transformed their dingy, brown-paneled box of a house into a knock-'em-dead showplace—and stayed within budget. Their design tactics can reshape your house, too.



Shelley and Keith soak up the comforts of their reborn ranch.

FROM DOWDY TO DYNAMITE!

The Fevolds started with a dreary row of boxlike rooms lined with thickly varnished mahogany paneling. Down came the paneling and out went the walls between the kitchen, living room, and dining room. Slim columns replaced the walls.

Result: a classically simple foil for the sun-splashed furniture groupings. No pricey materials, not a single square inch added, but what a difference. The same formula works on the outside: a fresh color scheme and a classy porch column.

What a grand opening! Minus two interior walls, the whole house feels *three times bigger*. White paint amplifies the new roominess.



PETER KRUMHARDT

An updated color scheme and a new porch column freshened up the exterior.

"The openness makes the whole house seem bigger and gives it a natural flow."

—THE FEVOLDS



"This design brings our guests easily into the kitchen to watch, help out, or whatever."

—SHELLEY FEVOLD





Built-ins matching those in the kitchen provide handy storage in the dining room. The laminate countertop mimics the coloring and thickness of a granite slab; mirrors add depth under the glass-front cupboards.

Reworking the plan yielded a separate room for the laundry plus extra storage just a step away from the work area. White walls meld the two spaces.

FROM DOWDY TO DYNAMITE!





New built-ins, appliances, and lighting upgrade the kitchen work area; tall casement windows open the south wall to a rooftop terrace over the garage and the sweeping vista beyond.

FROM DOWDY TO DYNAMITE!

Smart choices in design and materials netted the Fevolds a big bang for their remodeling buck. They splurged on quality where it shows off best. In the kitchen they economized with sheet vinyl flooring in order to purchase good-quality cabinets, appliances, and lighting. In the living room they settled for a prefab metal firebox but faced it with genuine terrazzo marble and topped it with a fluted-trim mantel. The dining room floor is prefinished, vinyl-impregnated hardwood, which holds its finish well in high-traffic areas.

When their spare cash dwindled, the Fevolds relied on wallpaper, white paint, and minimal window treatments to stretch the budget while contributing

continued on page 58

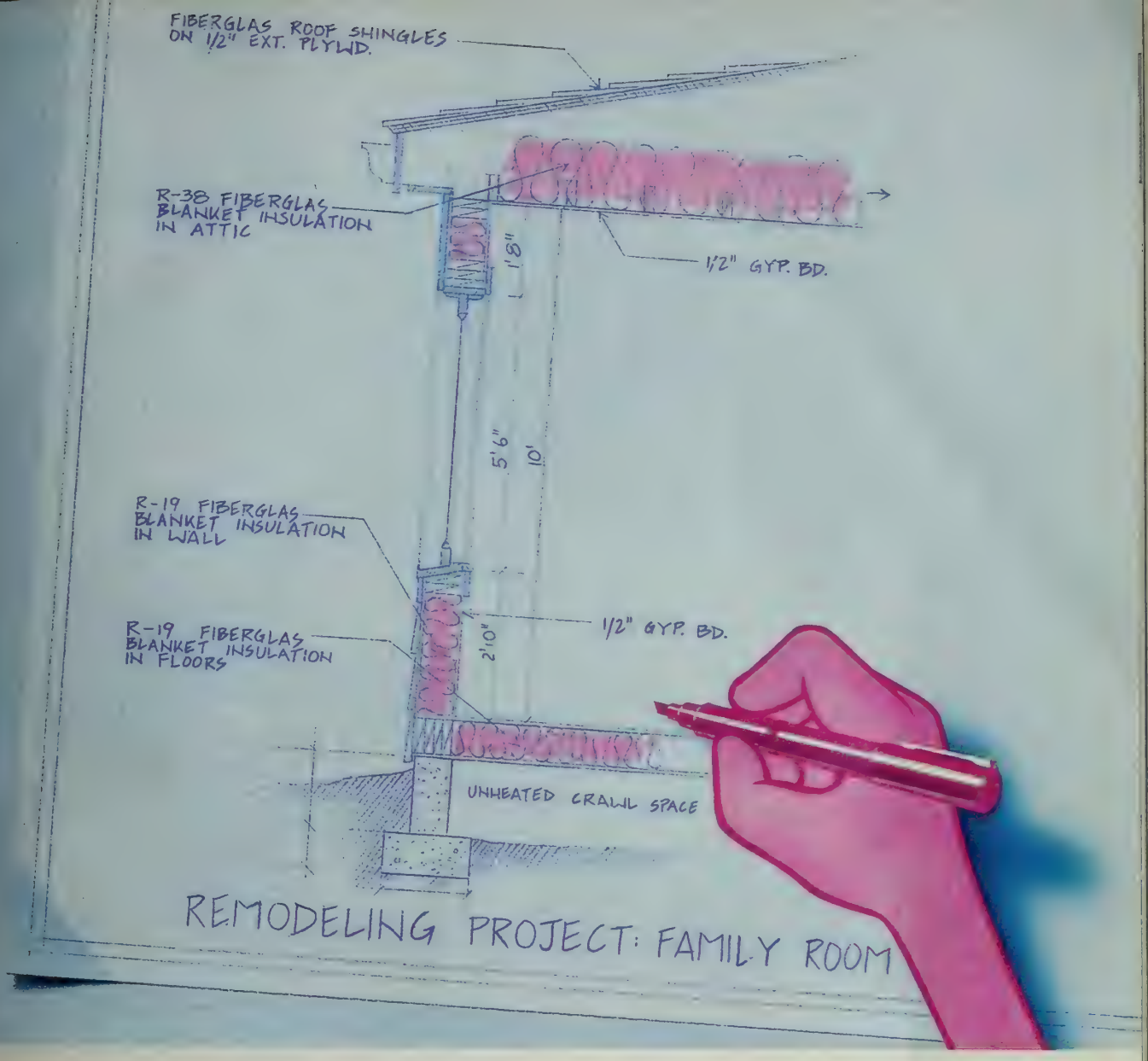




A simple face-lifting freshened up the den: high-gloss white enamel on the built-ins, new carpet, and sponge-pattern wallpaper. Modular seating hugs the inside corner.

"We couldn't be happier with the way things turned out."

—KEITH FEVOLD



Now's the time to make sure your remodeling project has enough insulation.

Do you know what you need in the attic? Under the floor? How about between the walls?

If you're building an addition or remodeling your home, now is the time to make sure you're getting the Department of Energy's recommended level of insulation.

Most attics, for example, should be insulated to an R-value of 38 (or 12 inches of Owens-Corning Pink* Fiberglas® blanket insulation). Most new walls should be at R-19.

Recommendations vary with location. But no matter where you live, it makes sense to insulate properly—before your project is completed.

Talk to your contractor today. For more information and a booklet on the latest U.S. Government insulation recommendations, send in this coupon or call 1-800-GET-PINK (Ext. 83).

Otherwise you could end up with an unwelcome addition to your new addition: high fuel bills.**

Mail to: Owens-Corning Fiberglas Corp., Attn. C.J.L. Meeks, P.O. Box 44179, Jacksonville, FL 32231-4179. Please send me a free copy of "A Homeowner's Guide to Insulation." I am interested in this for: ☐ building a home, ☐ remodeling, ☐ adding insulation.

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**Savings may vary. Higher R-values mean greater insulating power. Find out why in the seller's fact sheet on R-values.

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OWENS-CORNING FIBERGLAS

continued from page 56

FROM DOWDY TO DYNAMITE!

the effect of a total redo. They brightened the dingy old den with white, raspberry, blue, and lilac—a soothing complement to the black-and-white theme in the main rooms. Black and white energized the hall bath, too. Here, Shelley painted the tile wainscot and added pillow-tick striped wallpaper.

The Fevolds did their own demolition work, then hired subcontractors on a pay-as-you-go basis. When the work was finished, the project was paid for.

Buying information, page 137.



A bold checkerboard floor and jaunty stripes on the wall add 1990s punch to the '50s-vintage bath. Black bands outline the wainscot; high-gloss white paint holds the black in check.



Checkerboard tile livens up the kitchen backsplash. The sink's wide drainboard aids in trimming and rinsing fresh produce.



A single white column dresses the front entry. Its Doric styling complements the paneled door and small-pane windows, generating a period charm that had been obscured by the facade's original '50s look.


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FOR THE WAY IT'S MADE.™

BY SANDRA S. SORIA

SAY "SO LONG" TO THE BLAND DINETTE SET. Now we're cooking with friendlier furnishings and spicier accents. These kitchen eating spots offer fresh recipes for stay-awhile style.

ROUND THE KITCHEN TABLE

A smorgasbord of styles serves up a new look in the kitchen. Timid about calling unmatched shapes to the table? Use wicker—the foolproof mixer.

Guess who's coming to supper? In a fun frock, this chair leavens a too-sober scheme. Use it at the table or on the side.



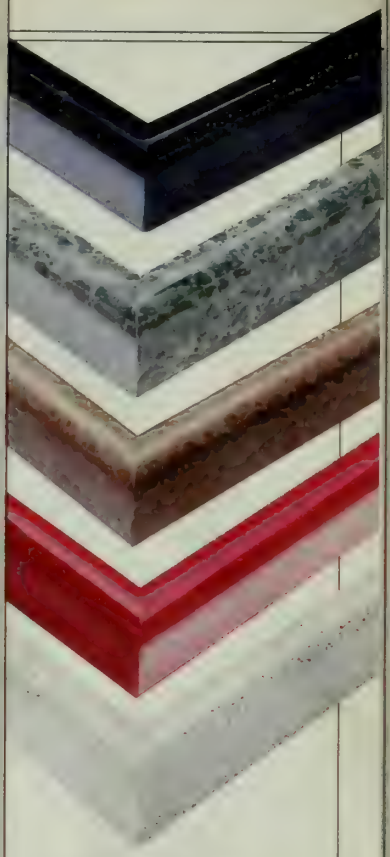
ROUND THE KITCHEN TABLE

Fond memories of Swedish farmhouse tables laden with hearty fare prompted this simply charming eating spot. A clean white backdrop, mellow pine, friendly wicker, and moody-blue fabrics create the look.



Kitchens warmed by sentiment naturally become the heart of the home. Here, a gallery of family photos lovingly looks over the shoulder of an old-favorite antique bench.

Photographs: Mike Jensen
Regional editor: Trish Maharam



To perk up a room with personality, put yourself in the picture. Surround the people you know and the places you've been with colorful, textural borders, such as these mail-order, cut-to-fit frames from *Exposures*.

Buying information, page 137.



Spice an eating spot with unexpected seating. More than just a pretty piece, this *Pearson* bench lends comfort and function—the seat lifts to reveal a storage well.

Photograph: Bob Dalton

ROUND THE KITCHEN TABLE

Put traditional pieces in a nontraditional place for a new twist on an old look. Steps from the stove, this elegant grouping relaxes when flanked by friendly fabrics, lightened-up walls, and undressed panes that invite the garden inside. The result? A spot grand enough for a multicourse meal and cozy enough for burgers with the kids.



Reproductions bring the most exquisite 18th-century styles within reach. From *Drexel Heritage*, these chairs off the old block offer the verve of flowing, classic curves.
Photograph: Bill Ellis

Buying information, page 137.



Resist the urge to put fair-weather furniture by a greenhouse wall. Instead, a formal setup offers curious contrast. Another surprise, slip-covered director's chairs cut armchair comfort in tight spot.

Photograph: Maxwell MacKenzie. Regional editor: Eileen A. Deymier

Want a change of pace in a traditional dining place? Use the room for lounging as well as dining. Then, add an area rug—like this light and lively dhurrie from *Capel*—to set the two areas apart.



ROUND THE KITCHEN TABLE

Start with a crisp backdrop, toss in texture, sprinkle with collectibles, and you have the makings of a savory eating spot. As any good cook knows, though, the secret to a successful mix is careful measuring. For a palatable palette, lavish on basic white, then pepper with zesty black and a dash of color.



Bring the charm of a sidewalk café to your kitchen by inviting outdoor shapes inside for supper. Cast in an indoor role, the iron "Branch" chair from *Woodard* offers a delicate, natural flavor with its fine-lined shape and weathered, verdigris patina.
Photograph: Bob Dalton

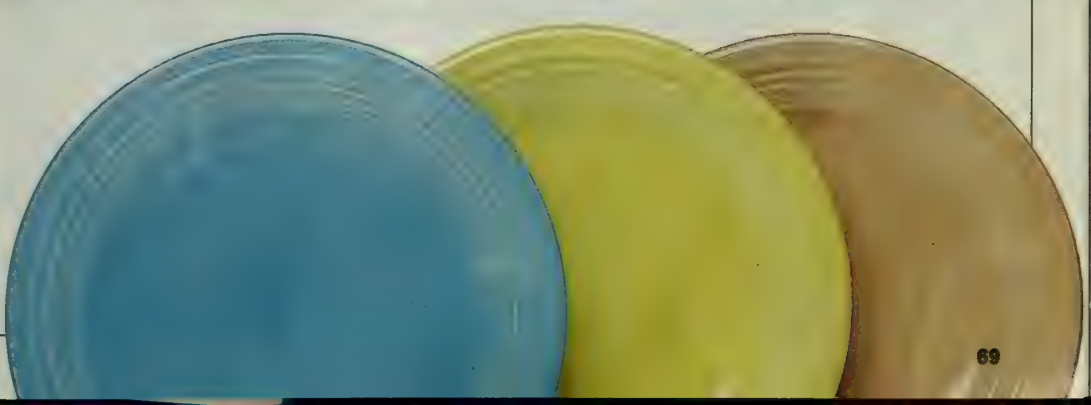


Just as nuts add spunk to a bowl of ice cream, a contrast of textures adds visual spirit to a room. Here, woven rush seats and a grainy marble-top table stand out in a crowd of slick laminate cabinetry and vinyl flooring.
Photograph: Vanderschuit Studio. Regional editor: Sharon Haven



Parade favorite things to excite a space with color and personality. Even everyday objects, such as new Fiesta ware made by *The Homer Laughlin Co.* and sold through *Bloomingdale's by Mail,* become works of art when put proudly on display.

Buying information, page 137.



ROUND THE KITCHEN TABLE

To cozy up a too-sterile kitchen, let it bask in the glow of warm colors, such as yellow or red. Then add golden waves of wood grains and friendly wicker to give an eating place all the warmth of summer sunshine.
Photograph: Timothy Fields. Design: Carol Siegmeister. Regional editor: Eileen A. Deymier

Mix new painted pieces with wood goods for visual vitality. This *Habersham* pie safe wears fashionable yellow to lend service with style.
Photograph: Bill Ellis





Break free from the matched-set mind-set. Because they share chunky shapes and a casual outlook, these amicable pieces get along fine without looking alike.

Buying information, page 137.



Magnificent Court Royale collections. Peasantly surprising prices. Thanks to Sears, Singer and Universal.

here's no mistaking the elegance of Sears 18th-century-style edroom and dining room collections. All handcrafted from ardwoods, and displaying rich cherry and select veneers.

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ble and 4 side chairs—**$799** • China cabinet—**$1000** • **ave $200** on our already low prices when you buy the hole collection (table, 4 side chairs and china cabinet) for only **$1599**. Arm chair—**$145.**

Dining room sets and prices may vary in Colorado and Wyoming.

B. Bedroom Set. Made by Singer Furniture, this beautiful new bedroom ensemble is highlighted with filigree hardware detailing. Large, extra-deep drawers provide abundant storage space.

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Great value when you consider the quality of these towels by Fieldcrest Mills®. Soft, thick, ultra-absorbent, 100% combed cotton. Available in a rich palette of mid-tones, jewel tones and contemporary shades.

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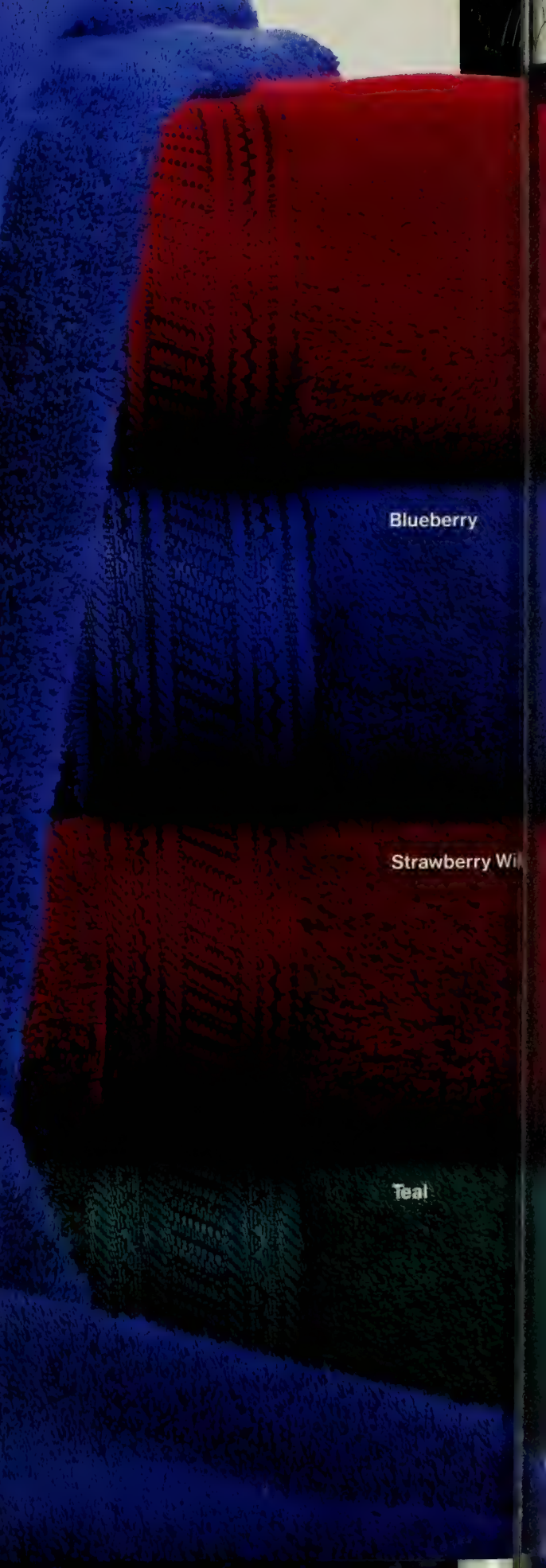
*Price applies only to Bath size (27 x 52 inches) towel. Other sizes: Hand—$7; Wash—$4; Super size (33 x 66 inches)—$18.

Other fashions: Shower curtains—$35 each; Rug—$16.96.

†Comparative values were established by a survey of representative, non-discount retailers in Atlanta, Boston, Dallas, Los Angeles, Washington D.C., New York, Baltimore and Newark during the period 11/13/89 to 12/17/89. Prices compared were the advertised regular prices. Offering prices may differ in your local market.

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15 Year Warranty	Twin	$159	$318	**$298**
	Full	239	478	**448**
	Queen	—	599	**559**
	King	—	799	**749**
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	Full	269	538	**508**
	Queen	—	699	**659**
	King	—	899	**849**
Imperial Regal II				
20 Year Warranty	Twin	$239	$478	**$458**
	Full	349	698	**668**
	Queen	—	819	**779**
	King	—	1199	**1149**
Imperial Ultimate II				
20 Year Warranty	Twin	$299	$598	**$578**
	Full	399	798	**768**
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CALIFORNIA CLOSET—Make your life easier with a customized, adjustable closet where everything is easy to see, reach and find. Color brochure shows how a California Closet system can be quickly installed in your existing closet, doubling your hanging and storage space. CALIFORNIA CLOSET. FREE. Circle No. 3.

GUIDE TO CEDAR ROOFING—New fact-filled documentation on cedar roof advantages; durability, insulative performance, wind and hail resistance, structural strength, etc. Compares against other roof products. CEDAR SHAKE & SHINGLE BUREAU. 25¢. Circle No. 4.

CRESTLINE FULL-LINE BROCHURE—Nobody can fill a home's openings more beautifully or more completely than Crestline. And nobody matches the Crestline family of products for quality, selection and value. Wood windows and patio doors, wood and vinyl replacement windows, skylights, wood bifold doors, and interior and exterior wood shutters are detailed in this brochure. CRESTLINE. $1.00. Circle No. 5.

CUPRINOL® BRAND—"Deck Beauty Made Simple" offers helpful tips on cleaning, staining and maintaining deck surfaces. Hints and Techniques for using Cuprinol REVIVE® Deck Cleaner, Cuprinol® Clear Wood Seal and Cuprinol® Deck Stains and Preservatives, to help beautify and protect decks. CUPRINOL®. FREE. Circle No. 6.

DAP CAULK AND SEALANT BROCHURE—The 10-page DAP "Caulking and Sealing Home Improvement Guide" lists exactly what areas of the home should be caulked and sealed and explains proper caulking and sealing application techniques. The full-color brochure also includes an easy-reference product selection guide, which shows performance characteristics, adhesion properties and suggested uses for a wide range of DAP caulks and sealants. DAP INC. FREE. Circle No. 7.

"The Water In Your Life"—A glossy 8-page booklet about home water problems, how they occur and how they can be corrected to provide a higher quality of life. From EcoWater, the world's largest manufacturer of home water treatment systems. ECOWATER. FREE. Circle No. 8.

"PLAN TO GET OUT ALIVE"—A family fire safety video from First Alert, the leader in home fire safety products. The 45-minute VHS videotape dramatically dispels common misconceptions about home fires, and provides proven life-saving tips on how to escape when a fire strikes. FIRST ALERT. $10.95. Circle No. 9.

THE FLOOD COMPANY—Penetrol Application Guide from The Flood Company describes how to use Penetrol on metal, fiberglass and wood. Penetrol makes it easy to prime, paint, stain, protect metals from rust, restore beauty to fiberglass and protect wood. THE FLOOD COMPANY. FREE. Circle No. 10.

THE FLOOD COMPANY—Our multi-guide "How to keep your outdoor wood looking good" is a 28-page color booklet which is a guide to cleaning and finishing exterior wood. It includes information on our products Seasonite, Dekswood, CWF Clear Wood Finish and Aquatrol for cleaning and finishing exterior wood. THE FLOOD COMPANY. FREE. Circle No. 11.

FRIGIDAIRE ELITE COLLECTION—A 12-page, full-color brochure show the latest in major appliance styling — white-on-white products. Covers refrigerators, ranges, dishwashers and microwave ovens. FRIGIDAIRE. $1.00. Circle No. 12.

THE NEW DECK GUIDE—Open your home to the great outdoors with this 44-page color booklet that shows you how to add a deck, an arbor, a porch or a gazebo, from the simple to the dramatic. Step-by-step instructions are included, plus new ideas for building fences and outdoor furniture. Also included is a $5.00 rebate coupon for GEORGIA-PACIFIC building products. GEORGIA-PACIFIC. $3.00. Circle No. 13.

MOULDING MAKES IT MORE—Find out how you can enhance the beauty and value of your home with real wood moulding. This 24-page color booklet offers beautiful decorating ideas using a variety of moulding styles for every room in the house. Complete with instructions showing how to measure, install and finish your own moulding project. Includes a $5.00 rebate coupon for GEORGIA-PACIFIC building products. GEORGIA-PACIFIC. $3.00. Circle No. 14.

HARDWOOD INTERIORS—"Imagination Within," a 44-page full-color idea book, features 60 ideas for elegant, affordable, and durable hardwood interiors. Includes names and addresses of companies who specialize in hardwood products and millwork in your area. HARDWOOD INSTITUTE. $3.00. Circle No. 15.

HARTCO HARDWOOD FLOORING—This 20-page brochure vividly illustrates the wide variety of decorating possibilities offered by Hartco parquet and plank floorings. Full-color photos of room scenes, detailed information on colors, designs and finishes, including super-durable Hartco Acrylic Impregnated floorings. HARTCO. $1.00. Circle No. 16.

HURD WINDOW IDEA GUIDE—Full-color booklet shows complete line of Hurd wood and aluminum clad windows and patio doors. Idea Guide presents Hurd Windows "total performance" story: Windows from R2 to R8; greatest protection available from fabric fading due to UV; the "quietest" windows you can buy, reduces outside noise to 1/20th original volume; and more! HURD MILLWORK COMPANY. FREE. Circle No. 17.

The KitchenAid Kitchen—Quality Appliances for the Total Kitchen are described in this 28-page color catalog featuring the full line of KitchenAid major appliances—refrigerators, cooktops, ovens, dishwashers and more. KITCHENAID. $1.00. Circle No. 18.

KOHLER—Offering a complete set of full-color product catalogs covering baths and whirpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets, and accessories. Included is a 68-page color idea book, "Bath Persona". KOHLER. $8.00. Circle No. 19.

KOHLER—Guidelines for selecting quality faucets are highlighted in KOHLER CO.'s 20-page full-color brochure, "Premier Faucets, A Guide to Quality and Value." Also included is a 48-page color product catalog covering Kohler's faucets and accessories. KOHLER. $2.00. Circle No. 20.

MARVIN WINDOWS IDEA BROCHURE—Illustrated with four-color photos and renderings how window sizes and styles affect the appearance of your home. Information on how window construction can affect energy efficiency and maintenance is also provided. MARVIN WINDOWS. FREE. Circle No. 21.

Merillat's Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $6.00. Circle No. 22.

"Tips On Wood Finishing"—Informative 30-page booklet features easy step-by-step instructions for wood finishing and repair projects with Minwax products. Highlights include: color chart, product review and wood care suggestions. Learn to beautify and protect new wood as well as restore and spruce up older wood. MINWAX. FREE. Circle No. 23.

MOEN—New 32-page full-color catalog features MOEN'S complete line of kitchen and bathroom faucets and kitchen sinks. The catalog includes new traditional style faucets and new color sinks. MOEN. $2.00. Circle No. 24.

NATIONAL FLOOR PRODUCTS CO., INC.—A beautiful thirty-six page catalog featuring lovely room settings and floor designs, Nafco luxury vinyl flooring...great looks and easy maintenance. Whether you are building or remodeling—Nafco Luxury Vinyl Flooring is THE ULTIMATE CHOICE! NATIONAL FLOOR PRODUCTS. 50¢. Circle No. 25.

"A HOMEOWNER'S GUIDE TO INSULATION AND ENERGY SAVINGS"—A free 32-page guide to year-round energy savings and comfort throughout your home. The full-color booklet gives instructions on where and how to insulate in an existing home, in a remodeling project and in new home construction. It also explains new government insulation recommendations and helps homeowners calculate the proper amount of insulation. OWENS-CORNING FIBERGLAS. FREE. Circle No. 26.

INSULATED DOORS AND WINDOWS—A 32-page full-color catalog details Ariel windows and sliding patio doors in various styles, swinging and French patio doors, and Avanti insulated entry door systems. Specifications and various options are included. PEACHTREE DOORS, INC. FREE. Circle No. 27.

WINDOW COVERING GUIDE—A 16-page full-color booklet designed to familiarize you with different window covering methods and help you select the type for your needs. Information included on interior and exterior window treatments and how to find them in your area. Call toll-free 1-800-874-3007. PHIFER WIRE PRODUCTS, INC. FREE. Circle No. 28.

HOME SECURITY BROCHURES—Two free catalogs showing Schlage's new and innovative products. The Key 'N Keyless™ electronic lock that works with or without a key and the Keepsafer® home security system that can be installed yourself. SCHLAGE LOCK. FREE. Circle No. 29.

SCHOLZ DESIGN MASCO SHOWHOUSE—The latest SCHOLZ DESIGN Collection, a large 11 x 17 format with 125 exciting designs, 1800 sq. ft. to 10,000 sq. ft., plus free catalog of famed 'MASCO Showhome', variations, 2800 sq. ft. to 10,000 sq. ft. Both available for $44.00 plus $6.00 shipping and handling. SCHOLZ DESIGN. $50.00. Circle No. 30.

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WASCO—A full color brochure describing features and benefits of the E-Class Skylight. No messy mastic or step flashing needed. Highly energy efficient; adds beauty and value to your home. WASCO. $1.00. Circle No. 32.

SKYLITE WOOD WINDOWS—Full color brochure displaying quality aluminum clad skylite wood windows. Available in five standard sizes all available with solid copper flashing and extruded aluminum for a virtually maintenance free exterior. Available with standard insulated Low E and triple insulated Low E glazing. WEATHER SHIELD MANUFACTURING INC. FREE. Circle No. 33.

WENCO WINDOWS—CREATING BEAUTIFUL WINDOWS—A new booklet from WENCO Windows designed to give homeowners assistance in window replacement. Stresses the many window styles available in today's market and provides plenty of ideas to fill your home with showstopping windows. WENCO. FREE. Circle No. 34.

WHITE-WESTINGHOUSE WATER SAVER WASHER—The new front load, tumble action washer from White-Westinghouse can take 500 gallons of water per month off your water bill. Details of the most water, energy and laundry aid efficient washer are in an 8-page color booklet. WHITE-WESTING-HOUSE. 50¢. Circle No. 35.

HOME AND FAMILY INFORMATION GUIDE

FURNISHINGS

DEEP CLEANERS FOR CARPETS AND UPHOLSTERY—The BISSELL POWER STEAMER and POWER STEAMER DELUXE are described in depth in these two, 4-page, color brochures outlining product features and capabilities. Color photographs show the machine with all attachments. BISSELL INC. FREE. Circle No. 36.

CALPHALON COOKWARE—The choice of gourmet chef's CALPHALON is heavy-duty cookware crafted of highly conductive, virtually pure aluminum. The jewel-like surface is not a coating but an integral part of the metal and is abrasion and stick-resistant. CALPHALON. FREE. Circle No. 37.

CENTURY FURNITURE COMPANY BROCHURES—Illustrating Century's Contemporary, Traditional, and Oriental-Styled Bedroom, Dining Room, Occasional and Upholstered Furniture. CENTURY FURNITURE. $3.00. Circle No. 38.

HENREDON manufactures beautiful upholstered furniture in a variety of styles spanning every major decorative influence. HENREDON. Complete catalog: $15.00. Circle No. 39.

DUETTE® by HUNTER DOUGLAS—We Cover the World's Most Beautiful Views showcases the revolutionary Duette window fashion with energy-saving honeycomb pleat, available in a variety of rich designer colors, textures and fabrics. DUETTE®. $2.00. Circle No. 40.

DUETTE® by HUNTER DOUGLAS—The "Discover the Well-Dressed Window" consumer video showcases the entire Duette product line in a variety of exciting applications and room settings. Ideal and convenient for in-home viewing. Fully refundable with proof of purchase of Duette products. DUETTE®. $5.95. Circle No. 41.

CEILING FANS—A 32-page 4-color booklet describes what features to look for before buying a fan and illustrates **Hunter's** line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are 44 different fan styles and sizes with over 40 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. $1.00. Circle No.42.

LANE®—This 42-page color catalog features quality dining and bedroom furniture, occasional tables, cedar chests, upholstery and unique accent pieces in many different furniture styles, including country and contemporary lacquer. LANE. $5.00. Circle No. 43.

LA-Z-BOY RECLINERS BROCHURE—This 20-page full color booklet showcases the entire line of genuine LA-Z-BOY recliners and occasional chairs. Use it to plan your next purchase of LA-Z-BOY products for any room in your home. LA-Z-BOY is The name America's comfortable with. LA-Z-BOY. $1.00. Circle No. 44.

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SOMMA MATTRESS—A set of full-color brochures are yours free. For a good nights sleep, try the new Fashion Folio mattress from Somma. Superb comfort and perfect support can be yours. SOMA MATTRESS. FREE. Circle No. 46.

THIS END UP FURNITURE CO.—CATALOG—Furniture that looks great and is built to last! Bright ideas for the home is what THIS END UP is all about. Whether it is furniture or accessories you need we suit your sense of style. Order your color catalog today. THIS END UP FURNITURE CO. $1.00. Circle No. 47.

THOMASVILLE FURNITURE—Thomasville's Complete Guide to Fine Furniture Selection and Furniture Care. THOMASVILLE. $3.00. Circle No. 48.

WALL-TEX® and SATINESQUE®—Wallcoverings are perfect for kitchens and baths, with built-in stain resistance and scrubbability that protects your walls' beauty. Two full-color brochures, the 32-page Decorating Guide and 8-page How to Hang Guide offers dozens of ideas and decorating hints. Plus, you will receive a $2.00 per single roll rebate. WALL-TEX® and SATINESQUE®. $1.00. Circle No. 49.

FOOD

"ADD HONEY—THE GOLDEN TOUCH"—In just minutes, you can add the magic of honey to a vinaigrette dressing, a tangy sauce for meat and chicken, or a lemon whipped cream to serve over cake or crepes. Recipes such as these, along with cooking and storage tips, are available in the "Add Honey the Golden Touch" brochure from the NATIONAL HONEY BOARD. 50¢. Circle No. 50.

HORMEL'S AUSTIN STREET MARKET CATALOGUE—Enjoy perfectly aged beef, smoked bacon, hams and salmon. Butcher shop, Deli, and Bakery specialties by mail. Color catalog with $3.00 saving coupon. HORMEL. $1.00. Circle No. 51.

THE TURKEY STORE COOKBOOK—An 84-page, full-color cookbook featuring 115 delicious fresh turkey recipes you can make all year long. Information is also included on turkey preparation and handling instructions. JEROME FOODS. $2.95. Circle No. 52.

PEPPERIDGE FARM COOKIES—Free brochure, "It's Okay to Eat Cookies", explains how cookies can fit into a sensible balanced diet. PEPPERIDGE FARM. FREE. Circle No. 53.

GARDEN

GARDENA LAWN & GARDENA PRODUCTS—Known worldwide for quality and innovation, GARDENA products are available in the USA. This full color catalog describes the complete line of sprinklers, nozzles, water timers, quick connect couplings and drip irrigation systems. All products are designed to use water efficiently and precisely, without wasting a drop. GARDENA. 50¢. Circle No. 54.

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ARNESON AUTOMATIC SWIMMING POOL CLEANERS—Full color brochures describe the unique benefits of Pool Vac®, AquaDroid®, and Pool Sweep® automatic pool cleaners for in-ground and above-ground pools. ARNESON PRODUCTS, INC. Free. Circle No. 55.



TOYS

OHIO ART—Making Creativity Fun. A full-color guide, from the makers of Etch A Sketch® for parents who want their children to experience the many fun, creative learning opportunities offered by Ohio Art's Making Creativity Fun® products. Ohio Art. 60¢. Circle No. 56.

TRAVEL

KOA Kampgrounds Directory, Road Atlas and Camping Guide—160 pages with locator maps and detailed listings of all KOAs plus 4-color highway maps. KOA. $3.00. Circle No. 57.

U-HAUL® REC VEE RENTALS—U-HAUL offers you the perfect ticket to relaxation with luxury motorhome and travel trailer rentals. Discover how you can enjoy the freedom and convenience of an RV vacation with a free, 10-page brochure. Getting away has never been easier! U-HAUL®. FREE. Circle No. 58.

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UNIVERSAL STUDIOS HOLLYWOOD—Send for a full-color brochure describing the excitement of the world's largest working movie studio, Universal Studios Hollywood, where no one makes believe like we do. UNIVERSAL STUDIOS. $1.00. Circle No. 60.

HOME AND FAMILY INFORMATION GUIDE

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6...Free	26...Free	46...Free
7...Free	27...Free	47...$1.00
8...Free	28...Free	48...$3.00
9...$10.95	29...Free	49...$1.00
10...Free	30...$50.00	50...50¢
11...Free	31...Free	51...$1.00
12...$1.00	32...$1.00	52...$2.95
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16...$1.00	36...Free	56...60¢
17...Free	37...Free	57...$3.00
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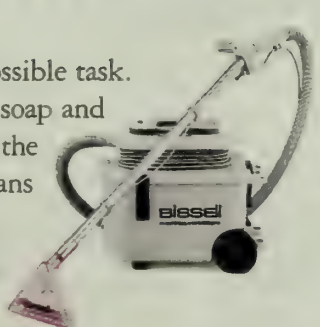
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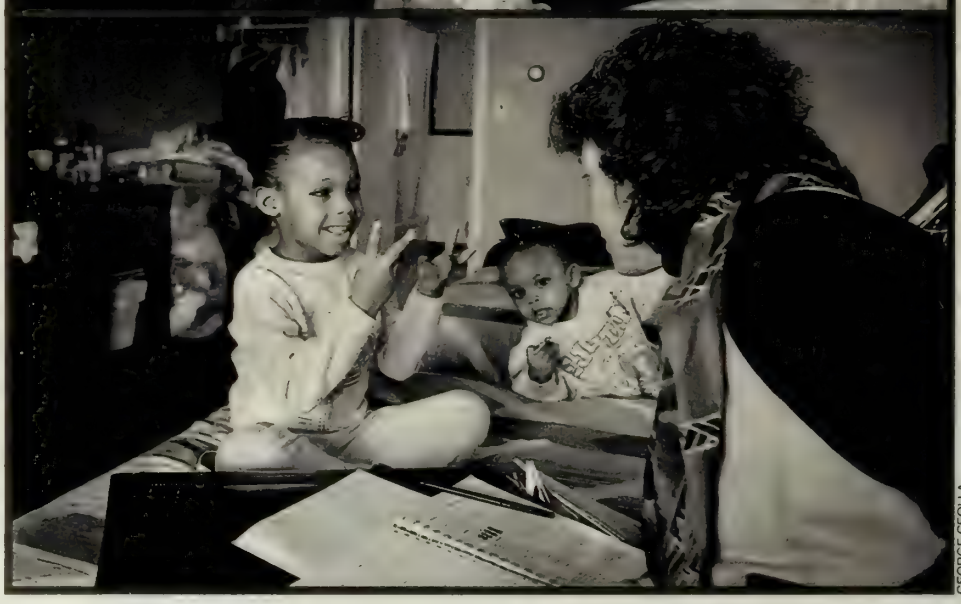
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BY MARGARET DALY





GEORGE CEOLLA

Susan Harris, transitional housing coordinator for Innovative Housing in Marin County, California, took 2-year-old Alex into her home when Alex's mom, Sharon, was in the hospital. With Susan's guidance while in a transitional program for homeless families, Sharon has just finished travel-agent school and is looking for a job.

Assessing educational needs and linking children to local schools are key to IBM's Kidstart (see below). Jean Ciborowski, Ph.D., with Project Better Health's outreach van program, works with Boston-area homeless families.

HELPING HOMELESS FAMILIES

"The earlier we can work with homeless children, the better," says Dr. Ellen Bassuk, president of The Better Homes™ Foundation (BHF), a national nonprofit organization created in 1988 by *Better Homes and Gardens*®. "With the instability in their lives, many of these children suffer health and developmental problems," explains Dr. Bassuk, who is associate professor of psychiatry at Harvard Medical School. "By getting to the young ones in particular, and working with their families, too, we may avoid really serious problems later on."

Thanks to a $100,000 pilot grant from IBM, the foundation will develop the Kidstart program, designed to help



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homeless preschoolers and their fam ilies in greater Boston.

The heart of the program is a profes sionally trained "Kidstarter," wh identifies homeless families with pre school children, assesses needs, help with specific problems, links the famil to local services and the appropriat school, then follows through over tim with the child and family.

"You have to keep an ongoing rela tionship with the families, even whe they move into permanent housing says Dr. Linda Weinreb, of the Famil Health and Social Service Center i Worcester, Massachusetts. "It take time for many of them to work bac into the community and become sel sufficient." With a BHF grant last yea the Worcester clinic was able to expan its services to additional homeless fam ilies in the community.

The Center is one of three recipient of IBM funds for Kidstart this yea The other two are Shelter/Family Lif Education, Inc., and Project Bett Health, which brings health care an other services by van to homeless fam ilies in Boston-area motels. The pr gram, created with BHF funds, administered by Children's Hospital.

"Most of these children have perfec ly normal IQs," says Jean Ciborowsk Ph.D., who rides the Project Bett Health van, provides developmental a sessments of children in the motel and tries to link the children to the a propriate educational facilities in th area. "Unfortunately, you see a lot problems—lack of verbal skills, inabi ity to concentrate. If those problem aren't given special attention, the kid are headed for trouble by the time the get to school."

IBM's manager of community rel tions, Maura Banta, stresses tha reaching the child early in life an staying in touch over a long period a critical. "We wanted to identify a se ment of the homeless where we cou really do something positive," she say "If we catch problems early, the chi dren won't have to start school wit serious disadvantages. We also wa families to trust the relationship wit the Kidstarter, over the long term. you can win their trust, you have go a long way toward breaking the cycle homelessness."



"You have to keep relationships going with families to help them stabilize after being homeless," says Dr. Linda Weinreb (*left*), Family Health and Social Service Center in Worcester, Massachusetts. "If it wasn't for Linda, I don't know where we would be," says Mary.

Better Homes™ Foundation grants continue to serve homeless families through local organizations throughout America. Among new recipients:

- **Innovative Housing** in Marin County, California, provides affordable accommodations, counseling, and other services to help homeless families rejoin the community and function productively.
- **Clark Street House of Mercy,** Des Moines, Iowa, cares for children while their mothers are treated for chemical dependency, then offers transitional living facilities and services so that families can be reunited during the mothers' after-care program. Meredith Corporation, the parent company of *Better Homes and Gardens,* is a partner in this endeavor.
- **"Our House"** in Decatur, Georgia, provides day care for children from the evening-only homeless shelters.
- **Housing Assistance Corporation,** a 71-apartment transitional housing program in Baltimore, received BHF funds to develop children's counseling and therapy programs.

Help us continue to help homeless families. See the coupon below.



"Kidstart is aimed at preschoolers," says IBM's Meura Banta. "We want to catch problems early so the children won't start school with serious disadvantages."

The Better Homes FOUNDATION HELP FOR HOMELESS FAMILIES

Yes, I want to help families overcome the crushing burden of homelessness. Enclosed is my gift to *The Better Homes™ Foundation* for:

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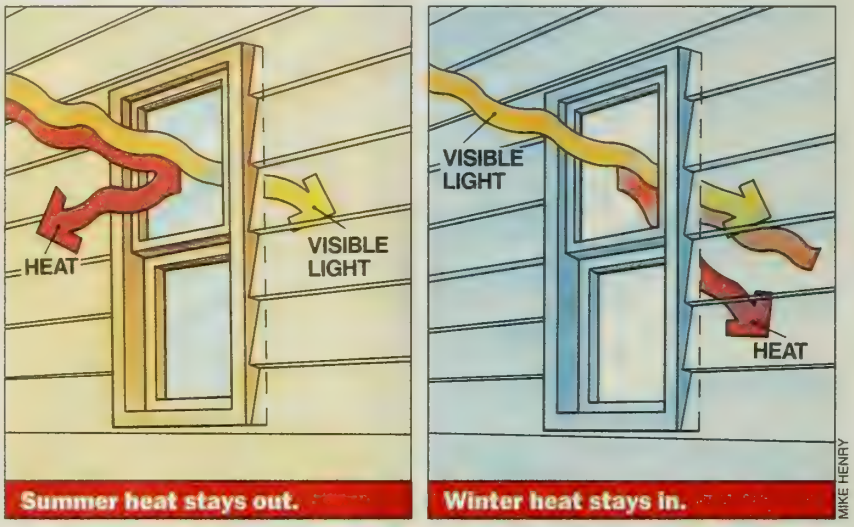




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HEAT WHERE YOU WANT IT

Windows, long considered the weakest link in home energy conservation, have begun to redeem themselves.

A new type of coated window glass that keeps the heat where you want it, when you want it, is available from many manufacturers. Windows using this glass cost between 8 and 25 percent more than conventional windows, but by lowering utility bills they will save you money for the life of the product.

The key to these comfort-giving windows is a microscopically thin layer of metal oxides that is applied to the glass. The coatings and the glass they are applied to are referred to as "low-E," or "low-emissivity." The metal oxide coatings allow most visible light to pass through, but they bounce heat back.

YEAR-ROUND COMFORT

Thanks to low-E, the heat you need in winter stays indoors and the heat you loathe in summer stays outdoors. Low-E glass also blocks ultraviolet light, which can fade fabrics, carpets, and floor materials.

There are two basic types of low-E coatings. The hard-coat type is baked into the glass. The soft-coat type is deposited on the surface of the glass and sealed in an enclosed air space.

One type of glass, called Heat Mirror™, uses a soft coating on a thin polyester film suspended between two layers of glass. Another technique uses argon gas sealed inside a coated, double-pane window for extra insulation.

DURABILITY AND R-VALUES

Hard-coat glass is more durable and scratch resistant, but the soft coatings insulate better. Heat Mirror and argon-gas-filled glass insulate best, with values of up to R-4 or higher.

Because of its durability, hard-coat low-E glass is especially well suited for storm doors and windows.

CLIMATE CONSIDERATIONS

Manufacturers vary coatings for different climates and sides of the house. In cold climates, choose a low-E coating that insulates well and transmits a fair amount of solar energy. In hot climates, look for a coating that blocks the most solar gain, especially for east- and west-facing glass. Under these conditions, use a Heat Mirror-type coating, or a coating on the outdoor pane of a double-pane window.

Where both heating and cooling bills are important, select high-heat-gain windows for southern exposures and low-heat-gain windows for others. BHG

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REVISED DOSAGE INFORMATION

BRIEF SUMMARY: INDICATIONS AND USAGE

This drug product has been conditionally approved by the FDA for the prevention of angina pectoris due to coronary artery disease. Tolerance to the anti-anginal effects of nitrates (measured by exercise stress testing) has been shown to be a major factor limiting efficacy when transdermal nitrates are used continuously for longer than 12 hours each day. The development of tolerance can be altered (prevented or attenuated) by use of a nonconcontinuous (intermittent) dosing schedule with a nitrate-free interval of 10–12 hours.

Controlled clinical trial data suggest that the intermittent use of nitrates is associated with decreased exercise tolerance, in comparison to placebo, during the last part of the nitrate-free interval, the clinical relevance of this observation is unknown, but the possibility of increased frequency or severity of angina during the nitrate-free interval should be considered. Further investigations of the tolerance phenomenon and best regimen are ongoing. A final evaluation of the effectiveness of the product will be announced by the FDA.

CONTRAINDICATIONS: Allergic reactions to organic nitrates are extremely rare, but they d occur. Nitroglycerin is contraindicated in patients who are allergic to it. Allergy to the adhesive used in nitroglycerin patches has also been reported, and it similarly constitutes a contraindicatio to the use of this product. **WARNINGS:** The benefits of transdermal nitroglycerin in patients wit acute myocardial infarction or congestive heart failure have not been established. If one elects t use nitroglycerin in these conditions, careful clinical or hemodynamic monitoring must be used t avoid the hazards of hypotension and tachycardia. A cardioverter/defibrillator should not b discharged through a paddle electrode that overlies a MINITRAN patch. The arcing that may b seen in this situation is harmless in itself, but it may be associated with local current concentratio that can cause damage to the paddles and burns to the patient. **PRECAUTIONS: Genera** Severe hypotension, particularly with upright posture, may occur with even small doses o nitroglycerin. This drug should therefore be used with caution in patients who may be volum depleted or who, for whatever reason, are already hypotensive. Hypotension induced by nitroglyc erin may be accompanied by paradoxical bradycardia and increased angina pectoris. Nitrat therapy may aggravate the angina caused by hypertrophic cardiomyopathy. As tolerance to oth forms of nitroglycerin develops, the effect of sublingual nitroglycerin on exercise tolerano although still observable, is somewhat blunted. In industrial workers who have had long-ter exposure to unknown (presumably high) doses of organic nitrates, tolerance clearly occurs. Che pain, acute myocardial infarction, and even sudden death have occurred during temporar withdrawal of nitrates from these workers, demonstrating the existence of true physical depe dence. Some clinical trials in angina patients have provided nitroglycerin for about 12 continuou hours of every 24-hour day. During the nitrate-free intervals in some of these trials, anginal attack have been more easily provoked than before treatment, and patients have demonstrated hemody namic rebound and decreased exercise tolerance. The importance of these observations to th routine, clinical use of transdermal nitroglycerin is not known. **Information for Patients:** Dail headaches sometimes accompany treatment with nitroglycerin. In patients who get these hea aches, the headaches are a marker of the activity of the drug. Patients should resist the temptatio to avoid headaches by altering the schedule of their treatment with nitroglycerin, since loss o headache is likely to be associated with simultaneous loss of anti-anginal efficacy. Treatment wit nitroglycerin may be associated with lightheadedness on standing, especially just after rising fro a recumbent or seated position. This effect may be more frequent in patients who have als consumed alcohol. After normal use, there is enough residual nitroglycerin in discarded patche that they are a potential hazard to children and pets. A patient leaflet is supplied with the system **Drug Interactions:** The vasodilating effects of nitroglycerin may be additive with those of oth vasodilators. Alcohol, in particular, has been found to exhibit additive effects of this variety. Marked symptomatic orthostatic hypotension has been reported when calcium channel blockers an organic nitrates were used in combination. Dose adjustments of either class of agents may b necessary. **Carcinogenesis, Mutagenesis, and Impairment of Fertility:** No long-ter animal studies have examined the carcinogenic or mutagenic potential of nitroglycerin. Nitroglyc erin's effect upon reproductive capacity is similarly unknown. **Pregnancy Category C:** Anim reproduction studies have not been conducted on nitroglycerin. It is also not known whethe nitroglycerin can cause fetal harm when administered to a pregnant woman or whether it can affe reproductive capacity. Nitroglycerin should be given to a pregnant woman only if clearly needed **Nursing Mothers:** It is not known whether nitroglycerin is excreted in human milk. Becaus many drugs are excreted in human milk, caution should be exercised when nitroglycerin administered to a nursing woman. **Pediatric Use:** Safety and effectiveness in children have n been established. **ADVERSE REACTIONS:** Adverse reactions to nitroglycerin are general dose-related, and almost all of these reactions are the result of nitroglycerin's activity as vasodilator. Headache, which may be severe, is the most commonly reported side effect. Headach may be recurrent with each daily dose, especially at higher doses. Transient episodes of lightha dedness, occasionally related to blood pressure changes, may also occur. Hypotension occu infrequently, but in some patients it may be severe enough to warrant discontinuation of therap Syncope, crescendo angina, and rebound hypertension have been reported but are uncommo Extremely rarely, ordinary doses of organic nitrates have caused methemoglobinemia in norma seeming patients. Methemoglobinemia is so infrequent at these doses that further discussion of i diagnosis and treatment is deferred (see **Overdosage**). Application-site irritation may occur b is rarely severe. In two placebo-controlled trials of intermittent therapy with nitroglycerin patches 0.2 to 0.8 mg/hr, the most frequent adverse reactions among 307 subjects were as follows:

	placebo	patch
headache	18%	63%
lightheadedness	4%	6%
hypotension and/or syncope	0%	4%
increased angina	2%	2%

Overdosage/Methemoglobinemia: There are case reports of significant methemoglobinem in association with moderate overdoses of organic nitrates. None of the affected patients had bee thought to be unusually susceptible. Methemoglobinemia should be suspected in patients wh exhibit signs of impaired oxygen delivery despite adequate cardiac output and adequate arteri pO_2. Classically, methemoglobinemic blood is described as chocolate brown, without col change on exposure to air. When methemoglobinemia is diagnosed, the treatment of choice methylene blue, 1–2 mg/kg intravenously. **DOSAGE AND ADMINISTRATION:** The suggeste starting dose is between 0.2 mg/hr* and 0.4 mg/hr*. Doses between 0.4 mg/hr* and 0.8 mg/h have shown continued effectiveness for 10–12 hours daily for at least one month (the longe period studied) of intermittent administration. Although the minimum nitrate-free interval has n been defined, data show that a nitrate-free interval of 10–12 hours is sufficient (see **Clinica Pharmacology**). Thus, an appropriate dosing schedule for nitroglycerin patches would include daily patch-on period of 12–14 hours and a daily patch-off period of 10–12 hours. **Clinica Pharmacology/Nitrate Tolerance:** Tolerance to the anti-anginal effects of nitrates (measure by exercise stress testing) has been shown to be a major factor limiting efficacy when transderm nitrates are used continuously for longer than 12 hours each day. Only after nitrates had be absent from the body for several hours was their anti-anginal efficacy restored.

HOW SUPPLIED

MINITRAN System Rated Release In Vivo	System Size	Total Nitroglycerin in System	NDC Number
0.1 mg/hr*	3.3 cm^2	9 mg	NDC-0089-0301-
0.2 mg/hr*	6.7 cm^2	18 mg	NDC 0089-0302-
0.4 mg/hr*	13.3 cm^2	36 mg	NDC-0089-0303-
0.6 mg/hr*	20.0 cm^2	54 mg	NDC-0089-0304-

*Release rates were formerly described in terms of drug delivered per 24 hours. In these terms, the supplied MINITRAN systems would be rated at 2.5 mg/24 hours (0.1 mg/hr), 5 mg/24 hours (0.2 mg/hr), 10 mg/24 hours (0.4 mg/hr), and 15 mg/24 hours (0.6 mg/hr) and are available in cartons of 33 patches.

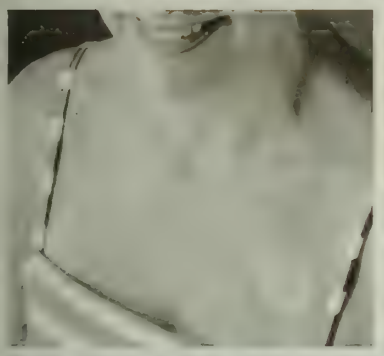
CAUTION: Federal law prohibits dispensing without prescription.

NTR-
AUGUST 198

3M Riker
3M Health Care
Northridge, CA 91324

3M

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"I want one that's less noticeable."



"Give me a patch that doesn't fall off."



"I want one that costs less."

EVERYTHING YOU ASKED FOR IN A PATCH...FOR LESS.

Patients complained so often about nitroglycerin patches that we decided to make our own—Minitran, a product of 3M Riker medical adhesive technology.

It's the smallest transdermal nitroglycerin patch ever made. It's thin, flexible, clear and hardly noticeable. It stays on until you take it off, even in the shower or when swimming. And here's more good news—Minitran should cost less than the brands you've been using.*

People preferred Minitran more than 2 to 1 over Transderm-Nitro® and Nitro-Dur® in a national survey of nitroglycerin patch wearers.†

Want to know if Minitran is right for you? Ask your doctor.

Want more information about Minitran? Ask your pharmacist.



Actual size.

MINITRAN®
(nitroglycerin)
TRANSDERMAL DELIVERY SYSTEM
0.1 MG/HR, 0.2 MG/HR, 0.4 MG/HR, 0.6 MG/HR

Preferred more than 2 to 1 over Transderm-Nitro and Nitro-Dur.

All transdermal nitroglycerin products are being marketed pending final evaluation of effectiveness by the FDA

Minitran release rates of 0.1, 0.2, 0.4 and 0.6 mg/hr were formerly described as 2.5, 5, 10 and 15 mg/24 hr, respectively

*The current published average wholesale price for Minitran is less expensive than Transderm-Nitro and Nitro-Dur. (Source: *Prescription Pricing Guide*, Oct. 1989, Medi-Span®.) Retail pricing may vary from community to community and may affect cost savings to the patient. Transderm-Nitro is a registered trademark of CIBA Pharmaceutical Company; Nitro-Dur, of Key Pharmaceuticals, Inc.

†*Clinical Therapeutics*, Vol. 11, No. 1, 1989, pp. 15-31.

Please see adjacent page for summary of prescribing information.

3M Riker
3M Health Care

3M

DECORATING Q & A

ANSWERS TO YOUR QUESTIONS

ROOM AT THE TOP

Q: *I intend to finish an attic room for our oldest daughter. What kind of lumber is best for making a farmhouse-style ceiling?*

A: Car siding—the paneled lumber used to construct railroad cars.

Because individually spaced boards can warp and twist after a few years, tongue-and-groove wood is the best material to use for an attic ceiling.

Check your local lumberyards or home centers for tongue-and-groove boards or panels in a variety of woods—redwood, pine, or spruce. Although it's quite rustic, pine car siding is less expensive than beaded paneling or other wooden paneling. Before you begin, insulate between the roof joists and staple up plastic sheeting for a vapor barrier. Nail the siding or paneling to the roof joists. Then, stain, seal with polyurethane, or paint the ceiling a crisp white. To keep white paint from yellowing with age, paint the ceiling boards with an oil-based sealer before you paint them white.



APARTMENT LIVING

Q: *I'm an apartment dweller stuck with faded gold carpet, windows without views, and off-white walls. I can't paint, recarpet, or put up wall covering. How can I personalize a place that looks like every other apartment?*

A: Sometimes a home's limitations work in your favor because they beg for creative solutions.

● **Say yes to wall coverings.** Just because you can't paste wall coverings on the walls doesn't mean you can't use them on folding screens, bandboxes, and storage furniture. Or, if you're mad about large-print wall coverings or murals, make a floor-to-ceiling triptych (a three-part screen) as a substitute. Parked behind a large sofa, it makes a smashing and unexpected focal point.

For a triptych, nail three plain, 4x8-foot wallboard panels on wooden frames. (Find panels at home centers. Some are already covered with paper. Adjust the panel sizes for ceiling height or mural width.) Prime and cover framed panels with wall covering. Hinge together and prop against the wall as needed.

Here's another idea: Paste a strippable border around the room at chair-rail height. Peel it off when you move.

● **Coordinate fabrics.** Many wall coverings join hands with beautiful fabrics for use as easy-to-sew chair coverings, tablecloths, quilts, and window coverings. Shirr fabric onto tension rods or clip it onto café rings.

Write to DECORATING Q & A, Better Homes and Gardens, Dept. ID, Des Moines, IA 50336. Materials cannot be returned.

The power to take care of bare floors.

Eureka BareCare™ Vacs.



When it comes to cleaning hardwood, tile, linoleum or any other bare floors, you can't do better than Eureka, the industry leader.

Eureka canister vacs are built for ease. Like Rally®, the lightest, full-featured, full sized canister ever from Eureka. And the lightweight, compact and rugged Mighty Mite®.

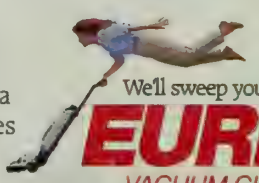


They're just two of a whole family of Eureka Bare Care vacs. All packed with power. And specifically designed for above-the-floor cleaning as well.



Eureka Bear Offer.
Soft, 12" Bear. He's cute, he's cuddly, he's a $15.00 value, and he's yours for only $1.99 with purchase of any Eureka canister vacuum cleaner. Limited time offer, while supplies last. Offer available only at participating Eureka dealers.

For your nearest participating Eureka dealer, call toll-free 1-800-525-9991.



We'll sweep you off your feet!™

EUREKA
VACUUM CLEANERS

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SECOND TIME AROUND

WHERE TO LOOK FOR USED FURNITURE

Many people prefer venerable old pieces of furniture to new ones because of their good quality and construction, uniqueness, and do-it-yourself possibilities. Here are some ideas of where you can shop for the best secondhand furniture bargains:

House and garage sales in suburban areas are a real chance for good finds. Families there tend to move frequently and often don't want to transport old or large pieces to a new address.

Consignment and thrift shops, such as the Salvation Army, Goodwill stores, and St. Vincent de Paul outlets ar good sources for worn-out treasure Flea markets and auctions are stil worth checking out, if you get ther early. Check newspaper ads regularl for items you want. Then move fast be fore the competition does.



When you're in the mood for something a little bit different. Tangier. Spicier.
A little bit... kicky. Try Heinz 57 Sauce. It's like...

Ketchup With A Kick!

Heinz

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FAST, FAST PANE RELIEF.



Whether you're remodeling or just looking to replace a drafty old double-hung, the only name you need to know is Marvin. Our windows are available in virtually any size, shape or style because all Marvin windows are made to your exact specifications. If you want to improve the look, efficiency and style of your home, our full-color replacement and remodeling book has all the answers. For your free copy, return the coupon below or call toll-free **1-800-346-5128** (MN, 1-800-552-1167; In Canada, 1-800-263-6161).



Our Tilt-Pac is a perfect replacement for a worn-out double-hung sash.

Send to: Marvin Windows, Warroad, MN 56763 BHG-9014-5

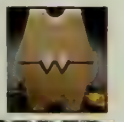
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City_____ State_____ Zip_____

Phone (_____)_____

I plan to: ___ Build ___ Remodel ___ Replace



MARVIN WINDOWS ARE MADE TO ORDER.

ROOM FRESHENERS

N ORDER PATTERNS FEATURED
I PAGES 95–98

Put any room in a sunnier mood with sh fabrics and our patterns. Look for ese new *Better Homes and Gardens®* signs for Butterick patterns at your fabric store or order by mail (*below*).

Note: Please allow 6 to 8 weeks for delivery. Be sure to include $1 for each pattern ordered to cover postage and handling. Print clearly, as this coupon will be used for your mailing label.

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ncludes patterns for curtains, chair slipcover, illow shams, table cover, and lampshade cover.
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Sew-your-own covers give furnishings a lift.

MAY

GARDENER'S ALMANAC



Fret-Free Flowers

Put away your watering can

There's no need to dread the drought this summer if you quench your thirst for color with heat-tolerant flowers like melampodium. Growing 18 inches tall, this bushy perennial blooms all season long without guzzling gallons of water. (Keep soil moist, however, until new seedlings get established.) Seeds of melampodium are available through Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001.

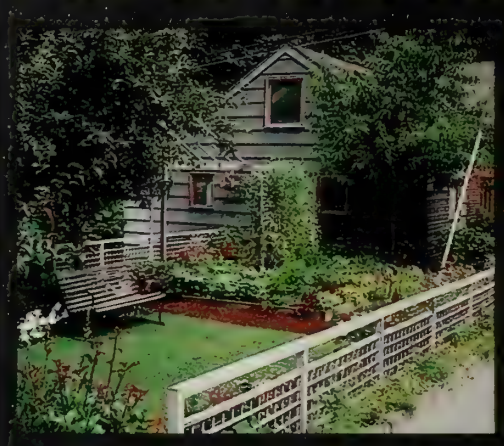


Personalized Mailbox

A first-class design

Working with the mailbox specialists at the Bacova Guild, we've designed a personalized Reader Mailbox for readers of *Better Homes and Gardens*®. This handsome, rural-style mailbox has a colorful bulb bouquet on both sides. The mailbox is 19 inches long and 9 inches high.

To order a mailbox, send check or money order for $34.95 to: Reader Service, Box 374, Department 23M, Des Moines, IA 50336. Please specify item number 03416. Each box comes with an order form for personalized name strips.



Springtime warmth brings favorite earthly delights. Cool-season crops and early blooms fill this side-yard garden.

NO-NONSENSE TOOLS

Designed for durability

Fine English garden tools have long set a standard for quality and craftsmanship. Now there's a complete line of specialized Farmer tools imported from Holland that offers the same durability and solid construction, without a fancy price tag. The hand-forged metal tools with extra-long, hand-sorted ash handles have a lifetime guarantee. For a free catalog of Farmer tools, write to Exaco USA Ltd., 3100 Industrial Terrace, Austin, TX 78759. Or call 800/992-1220.

continued on page 90



WREN HOUSE



WALL FEEDER

FOR THE BIRDS

Bed and breakfast for frequent flyers

Fed up with flimsy birdhouses and feeders? Copper-topped accommodations are both tough and attractive. They're made from kiln-dried, ¾-inch cedar with brass screws and hinges. Write to Woodlink Limited, 1010 S. Cleveland, P.O. Box 508, Mount Ayr, IA 50854.

FARMER 27229



BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON

CENTER PHOTOGRAPH: MIKE JENSEN. REGIONAL EDITOR: TRISH MAHARAM. ALL OTHER PHOTOGRAPHS: PETER KRUMHARDT



So many choices. So little time.

Nobody gives you variety like Lunch Bucket® microwaveable meals. From Pasta Italiano to Country Vegetable Soup, Lunch Bucket cooks up hot and delicious in seconds. But with 17 great-tasting soups and entrees, who can decide?

Lunch Bucket® Microwaveable Meals. A Proper Hot Lunch.

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continued from page 88

GARDENER'S ALMANAC

Garden Classics

Inspiration from the past

Book lovers, take note. New for 1990 are a couple of coffee-table classics inspired by two beloved garden writers of a past generation.



PETER KRUMHARDT

Gertrude Jekyll: A Vision of Garden and Wood, by Judith B. Tankard and Michael R. Van Valkenburgh, showcases photographs taken by the renowned English landscape designer Gertrude Jekyll (1843-1932) of her own garden at Munstead Wood. Harry N. Abrams, Inc., 100 Fifth Ave., New York, NY 10011; 148 pages; $35; hardbound.

How to Know the Wild Flowers, by Mrs. William Starr Dana, was first published in 1893. A slipcased new edition features the original text and drawings as well as new full-color plates. Houghton Mifflin Co., 215 Park Ave., S, New York, NY, 10003; 287 pages; $19.95; cloth, slipcased.



FLOWER TOWER

Training roses on elaborate supports is a time-honored tradition dating back to ancient Rome. An enchanting focal point for today's small gardens, the classic pillar (*above*) takes rose growing to new heights. Canes climb up the framework for maximum sunlight in a tight spot. The pillar is built of 4×4 posts set in concrete with 2×6 and 2×4 crosspieces on top. Good climbing roses include New Dawn (*above*), Handel, and Blaze.

Photograph: Ernest Braun. Design: Lawrence Fleury
Regional editor: Helen Heitkamp

BUTTERFLIES ARE FREE

Visit Butterfly World

Butterfly World is Florida's newest family attraction for landlubbing vacationers. This live butterfly park features three large aviaries that house thousands of free-flying butterflies from all over the world. For more information about Butterfly World, write to Tradewinds Park, 3600 W. Sample Rd., Coconut Creek, FL 33073. Or call 305/968-3880.



PETER KRUMHARDT

Tiger swallowtails love purple coneflowers.



THE CONARD PYLE CO.

Rose Innovation

Beauty without bother

The Meidiland family of landscape roses is a dream come true if you love the beauty of roses but shy away from the fussier floribunda and hybrid tea types. Bred for disease resistance, these everblooming hybrids flourish as low hedges or ground covers. Best of all, they're hardy anywhere in the United States. New varieties for 1990 include Red Meidiland, Pearl Meidiland, and Alba Meidiland. Write to Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001.

PLANT THE TOWN RED



Memphis is rolling out the red carpet, thanks to the Memphis City Beautiful Commission and a group of local builders called Developers Who Care. The organization has launched a "Plant the Town Red" campaign urging businesses and residents to show civic pride by planting red flowers. Each spring, sanitation workers attach a packet of red zinnia seeds to every trash cart in the city. For more information, write to the Memphis City Beautiful Commission, 664 Adams Ave., Memphis, TN 38105-4902.


Every Nest Can Use
A Little Sprucing Up.
BLACK&DECKER®

Give Your Home A Fresh





▲ Update your kitchen with the state-of-the-art line of **Spacemaker Plus*** Appliances. Like the **Spacemaker Plus Thermal Carafe Drip Coffeemaker** (PDC403A). Easily mounted under the cabinet, it brews directly into its own thermal carafe so you can enjoy hours of hot, fresh-tasting coffee.

▲ For a sleek, coordinated look, add the **Spacemaker Plus Can Opener** (PEC90) and **Spacemaker Plus Accessory Light** (PLA100).





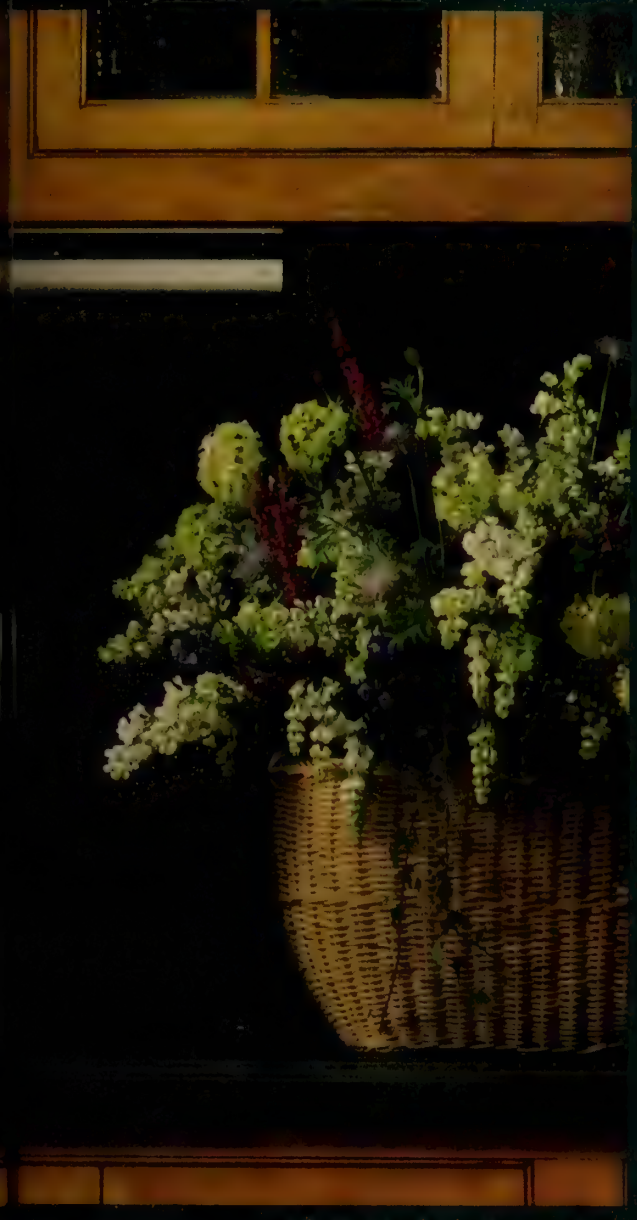
◀ The lightweight, Cordle **HandyMixer™** (9210) whi through everyday mixing What's more, there are fou versatile attachments that everything from whipping cream to mixing batter. An stores neatly in its conven recharging base.

◀ Another space-saving – to mention time-saving – is the **Handy Shortcut™** M **Food Processor** (HMP30) Compact enough for ever use, it does almost everyth full-sized processor does half the space.

*Trademark of General Electric Company, U.S.A.

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ook With Black & Decker.



The **HandyOpener™ Cordless Can Opener** (KEC 160) actually "walks around" the lid of cans all by itself in a completely hands-off operation. It can be wall mounted in its recharging base.



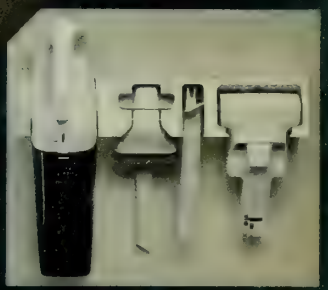


◀ Spring is in the air and dirt and dust are everywhere. The **Dustbuster Plus® Power Brush** (9338) is lightweight and cordless so it's perfect for touch-up cleaning. And with the motorized power brush, it's even effective on upholstery and plush carpeting.

The **PowerPro™ Dustbuster Plus®** ▶ (DB5000) is the most powerful, versatile Dustbuster® vac ever. Which means it picks up perfectly where your big vacuum leaves off. A second power setting gives you a surge in cleaning strength, and with all the handy attachments, you can pick up anywhere in the house. Cordless too.



◀ We think you'll agree that the **Slimline™ Escort Light™ Smoke Alarm** (SMK400) should be a part of any home. Not only is it an attractive way to be safer, it has a portable "emergency light" to illuminate each step of your escape route.

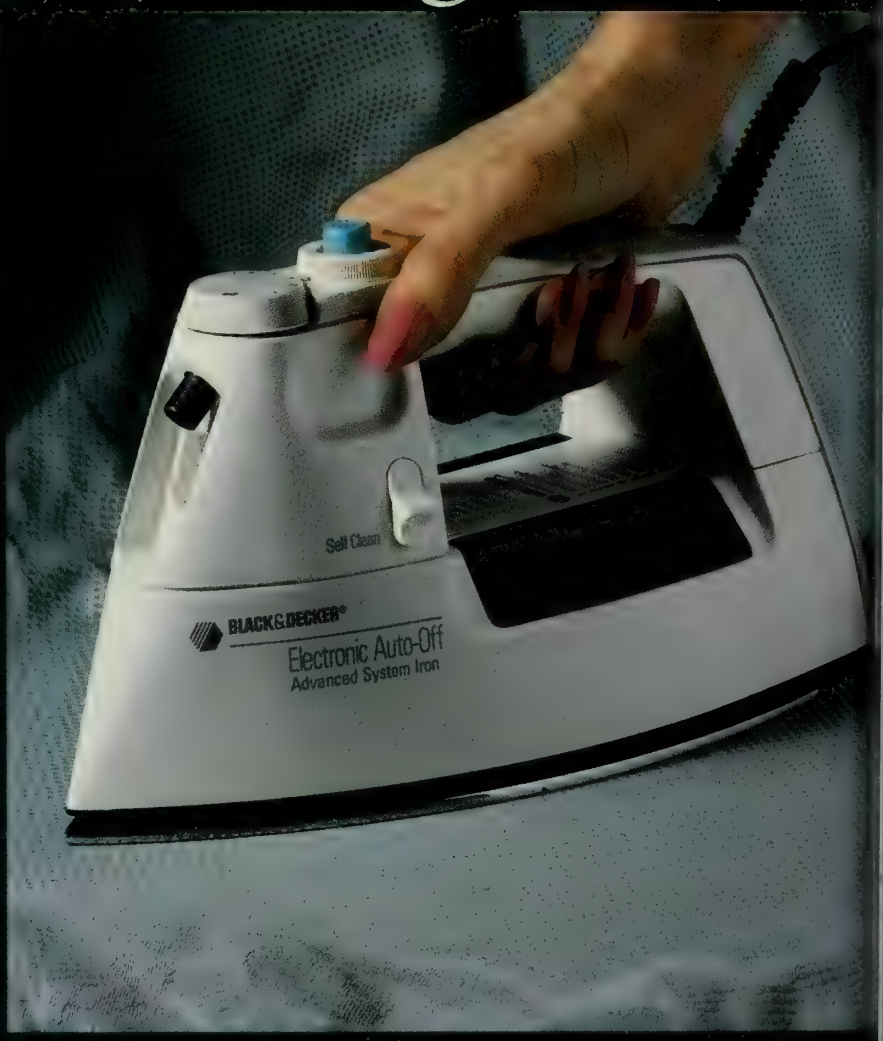


For stores that carry these products, call 1-800-552-0553

BLACK&DECKER®

A Fresh Approach To Your Most Pressing Problem

At Black & Decker, we've come up with a way to change how you feel about ironing by changing the iron itself. We call it the **Advanced System Iron** (F6405), and it actually solves what you've told us are your most pressing problems.

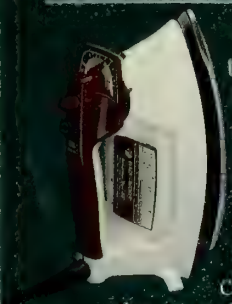


HAS YOUR IRON EVER SCORCHED DELICATE FABRICS?



Then you'll definitely warm to our Temperature Ready Light and Tone-Alert features. Instead of relying on guesswork, you can rely on the Advanced System Iron to signal you when the selected temperature for each fabric has been reached.

DO YOU OCCASIONALLY FORGET TO TURN OFF THE IRON?



We didn't. Both the Advanced System Iron and the **Automatic Shut-Off™ Iron** (F440) are equipped with automatic shut-off. So, in addition to being clothes-conscious, they're safety-conscious, too.

DOES YOUR IRON STICK, SPIT OR SPOT?

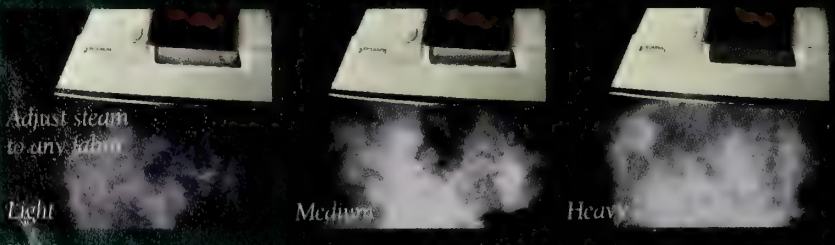
The Advanced System Iron has a SilverStone† nonstick coating that helps the iron glide over fabric. And our unique Self-Clean II™ feature prevents clogging, spitting and brown spots.

So your ironing won't ever look like it needs laundering.

HAVE YOU EVER HAD TO IRON THE SAME SPOT OVER AND OVER?

Obviously, you've got an iron that doesn't let you control the amount of steam. The Advanced System on the other hand, offers a choi of three steam settings: Light fo cate fabrics. Medium for cotton lightweight wool. And Heavy fo denim and linen. There's even a of steam that will eliminate deep down wrinkles in no time flat.

After all, the way we see it, t less time you spe ironing, the more you can devote to pressing matters as planting tulips soaking up some early Spring sun



†Trademark of E. I. Du Pont de Nemours and Co.

BLACK&DECKE

BY
DENISE L. CARINGER,
ROBERT E. DITTMER,
AND
SANDRA S. SORIA

BETTER HOMES AND GARDENS® AND BUTTERICK PRESENT



ROOM FRESHENERS

AFTER.
Stitch curtain rings to the top and bottom of fabric panels to create a fresh and unflappable shield from the sun—or from a dismal view. Slide the rings onto sturdy dowels, and secure them with screw-in hooks.

It's *sew* easy to perk up winter-weary spaces. With our *Better Homes and Gardens® Designs for Butterick* patterns and your fabric, you'll have your rooms in stitches. These sew-your-own projects are as quick as spring lightning to make and just as flashy. Look how sassy stripes and plump pillows—plus coats of white paint—coaxed this porch out of its dreary mood in a hurry.



Buying information, page 137.



Scalloped edges add a fun-loving finishing touch to our *Butterick* patterns, available by mail or from your local fabric store.

LIGHTENED-UP LIVING ROOM

Given a one-two punch of color and pattern, this sluggish living room really snapped to. Dressed in blushing but bold striped linen, plain panes become dynamic decorative players. The simple-sew side curtains tumble gracefully from artful, oversize *Kirsch* rods and rings to soften the setting and give it a needed vertical lift. Decked in checks and stripes, a playful jumble of pillows relaxes *Bernhardt*'s classic sofa. The pillow covers slip on like pinafores; tailor them to old cushions to change your furniture's mood on a whim. Even the ottoman gets friendlier when a cheery, scalloped shawl is tossed on.



Buying information, page 137.

To order pattern package No. 4895, see page 137.



AFTER.
As spring flowers color and soften a landscape, fresh *Covington* fabric brings a lackluster room to life.

DRESSED-UP DINING ROOM

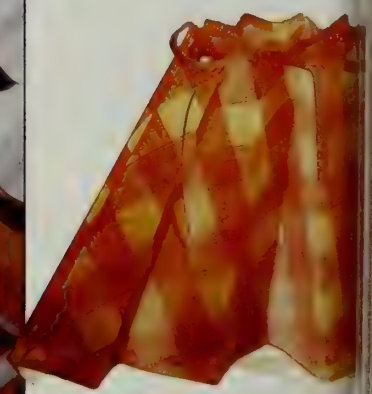


Who says a formal dining room can't have fun? Choose friendly fabrics, then use our patterns to dress bare chairs and stark surfaces in outfits as crisp and casual as a cotton sundress. You'll make every meal a picnic.

AFTER. Spring rains can't dampen this room's sunny mood, thanks to sew-your-own covers in happy, cotton-candy colors.

Buying information, page 137.

To order pattern package No. 4895, see page 137.



Make this pleated shade to brighten a plain lamp.

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40% OFF DEL MAR HEADLINERS WHEN YOU BUY DEL MAR VERTICAL BLINDS FOR 60% OFF.

This coupon entitles holder to receive one Del Mar Headliner for 40% off the regular price for each purchase, on the same date, at the same store, of a Del Mar vertical blind for 60% off the regular price. See advertisement for details. Offer subject to availability. Offer good until 12/31/90. Coupon not redeemable for cash or credit. The Sherwin-Williams Company, 101 Prospect Avenue, N.W., Cleveland, Ohio 44115. Coupon must be presented at time of purchase for discount. BHG

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sion of you. If you love a bold color, such as tangerine or fuchsia, use it. Apprehensive about adding drama to a room? Paint the walls a rich color rather than investing money in brilliantly colored furnishings. You can repaint quickly if you do tire of the color. Or, relax and paint the walls white. Then, try out brave shots of color with pillows and artwork.

Before you buy upholstery, carpeting, draperies, or wall coverings, take sample swatches home with you and look at them in the rooms where they will be used.

TRUE. Colors and patterns change under different lighting. Stores' fluorescent lighting gives colors a cool look, while the natural and incandescent lighting of your home will warm them up. Check samples under lighting conditions at home to be sure they're what you want.

Always arrange your furniture so that traffic is directed through the center of the room.

FALSE. Just because traffic must pass through a room doesn't mean it must run through the *center* of it. Think of furniture as "curbs" or fences that can funnel traffic around conversation groupings. Go ahead and float pieces in the room's center. Allow a width of 2½ to 3 feet for major traffic lanes and for pullout space behind dining chairs. You can narrow some pathways to about 18 inches.

Oriental carpets are extremely durable and are a good choice for high-traffic areas.

TRUE. Hand-knotted wool carpets from the Near and Far East are valued for their beauty and durability. Need to check one for quality? The more knots it has per inch, the

DECORATING

DECORATING QUIZ

DO YOU PLAY BY THE RULES?

We all look to rules for guidance, especially if we lack decorating confidence. And, sometimes, after we've gained a little know-how, we feel experienced enough to bend the rules a bit. Check the quiz below to see how you play by the decorating rules.

In social areas, seating should be arranged so that nobody sits farther than 8 feet from anyone else.

TRUE. Shouting across a room isn't fun. In living rooms and dens, snuggle together seating to form intimate groups. In a large room, pull together more than one group.

It's a good idea to stick to neutral colors for most rooms because you'll quickly tire of bright ones.

FALSE. The eyes can grow just as weary when staring at bland neutrals. Colors and furnishings should be an expres-



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ur upholstery must look brighter, or we'll clean it again.

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To "widen" a long, narrow room, line the two long walls with furniture pieces.

FALSE. Take a cue from railroad cars and place major furnishings crosswise to break a skinny room into a friendlier time-out spot. If you have enough space, turn this grouping on the diagonal to expand the room's apparent width, too. Finally, reduce that tunnel feeling even more by spanning part of the end wall with bookcases or oversize posters that stretch horizontally across it.

Every home needs three types of lighting fixtures: general, task, and accent.

TRUE. Your home will be more comfortable and inviting with all three types. General lighting (ceiling fixtures, cornice and valance lights, and lamps) provides "walking around" light. Task lighting (table and floor lamps) focuses on spots for reading, writing, or playing the piano. Accent fixtures give your rooms dramatic effects. They may be *downlights* recessed in the ceiling, *uplights* beaming up from the floor, or *spotlights* mounted on the wall or ceiling.

The only "correct" places for curtains and draperies to end are the top of the window sill, the bottom of the window frame, and the floor.

TRUE. Occasionally, a designer will use a window treatment that doesn't follow this guideline. In most cases, draperies and curtains that end somewhere other than these three places look as if they were made to fit another spot and you are just "making do." Can't decide what to do? You can't go wrong with curtains that fall grandly to the floor. BH&G

—With Skye Alexander

urdier the carpet. With proper care, an Oriental rug could itlive you. More pluses: Allover patterns hide stains, so riental rugs are a practical choice for trafficked areas. A tle wear is welcome, too. Rugs mellow and fade a bit with e, giving them a vintage look that many collectors value.

hen you shop for furniture, always take a friend.

FALSE. Your friend's taste may influence your buying cisions. Make your own choices; you are the one who pays r and lives with the furniture in your home.

oid large furniture in a small room.

FALSE. Sometimes a few large, interesting objects give ama and intimacy to a small room. Use only a few pieces d keep accessories to a minimum. For example, an impos- armoire or a group of modular units adds grandeur to a all den or family room. Similarly, a four-poster puts royal le in a Cinderella-type bedroom.

ctures should be hung halfway between the iling and the floor.

FALSE. Hang artwork so the center of the picture is at the e level of the average viewer. If the picture is usually seen ile its viewer is seated, hang it at seated eye level. Or, en placing a wall grouping over a table or sofa, hang it no re than 18 inches higher than the top of the furniture. is makes viewing easier, plus the grouping will have a se relationship with the furniture arrangement. Pictures ced any higher than 18 inches look as if they're wander- away from the rest of the furnishings.



Your drapes must be fresh and clean, or we'll clean them again.

ServiceMaster cleans drapes while they're hanging so your windows are never left bare. And if they don't come out looking newer and brighter, we'll clean them again. No questions asked. No extra charge.

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BY JIM WILLIAMS AND JILANN SEVERSON



EARLY MORNING AMBIENCE A bedside dresser becomes an elegant sideboard with a touch of lace, fresh flowers, and fine china.

PHOTOGRAPHS PERRY STRUSE DESIGNS JIM WILLIAMS

EARLY-DAY DELIGHTS FOR BED AND BREAKFAST

MORNING GLORIES

Enjoy a late weekend morning with the luxury of life's little extras. Pamper yourself with pretty breakfast dishes, hand-trimmed linens, and a short escape from the real world.

continued on page 104



ENVELOPE PILLOW
Dainty satin stitches and a scalloped edge adorn an old-fashioned linen pillow.

A glorious pile of hand-stitched pillows and embroidered sheets beckons you back to bed.

BREAKFAST FINERY
Painted flowers and bands of blue mix and match to serve up a simple breakfast fare.

"Sheraton Blue" coffee server: Lenox Classics Collection; "Blue Flower" teapot, coffee cup and saucer, and egg cup: Royal Copenhagen; "Oiseau" pitcher and luncheon plate: Gien; "Townsend" flatware: Gorham; goblet: La Verrerie de Biot.



Instructions begin on page 110. Buying Information, page 137. To order kits and iron-on transfers, see page 204.



CURL UP IN COMFORT
An embroidered Good Morning Pillow, cross-stitched Morning Glory Wreath Pillow, and sheets trimmed with a Morning Glory Border invite you to snuggle back in for a few stolen moments.

To make the embroidered and cross-stitch items, see page 137.

A precious newborn greets the world in her own quiet way...



Shown smaller than actual size of 13½ inches long. Complete with receiving blanket.

©1990 The Ashton-Drake Galleries

"Elizabeth's Homecoming"

t a few days old and all dressed for the very first time, baby izabeth" comes home from the spital today. Proud Mommy d Daddy want her to share their itement, but for now, "Elizabeth" perfectly content in the sweet ams of a peaceful slumber.



Designed by artist Kathy Barry-ppensteel for the Knowles China Company, izabeth's Homecoming" is the first issue in a artwarming collection of infant dolls capturing special milestones in the first year of life.

ality Craftsmanship in Every Detail

izabeth's" head, arms, and legs are expertly nd-cast of fine porcelain and hand-painted in rm, lifelike colors. With closed eyes, naturally sed hands, and relaxed arms and legs, she's the ture of comfort. "Elizabeth" is dressed in a e-piece brushed flannel sleeper trimmed in let and bows, a matching ruffle-brimmed bon-, and lace-knit booties. She comes with her n tulip-print fleece receiving blanket. Each ll is hand-numbered and comes with a match-numbered Certificate of Authenticity.

valuated against *The Uniform Grading Stan-ds for Dolls* by the Ashton-ake Galleries, these dis-ctive features have earned izabeth's Homecoming" highest rating for artis- and craftsmanship—miere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once a doll's edition is sold out, those who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But a doll of superior artistry and craftsmanship—such as "Elizabeth" with her Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Elizabeth's Homecoming" is an original issue in an important Knowles collection, just as the exceptional closed-edition dolls in the chart below. "Elizabeth" has similar credentials that make her potential for market success seem just as promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Elizabeth's Homecoming" can be yours to cherish for only $58.00...an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached reservation certificate. "Elizabeth's Homecoming" is issued in an edition that will close forever in 1990, after which no more will ever be made so order today.

Doll	Maker	Year of Issue	Issue Price	Auctioned Price*	Change
"Little Bo Peep"	Knowles	1987	$58	$275	+$217
"Heather"	Knowles	1987	$48	$450	+$402
"Jennifer"	Knowles	1988	$58	$375	+$317

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the Oct. 15, 1989 auction. Other resale prices may vary

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PLEASE RESPOND BY:
May 31, 1990

, please enter my reservation for "Elizabeth's Home-ning," first issue in the *Baby Book Treasures* collection. it: One doll per customer. I understand that I need ND NO MONEY NOW and will pay for the doll in three venient monthly installments of $19.33* each, the first g billed before shipment.

satisfaction is unconditionally guaranteed. I under-d that I may, for any reason, return "Elizabeth" to the ton-Drake Galleries at any time within ***one full year*** r I receive her for a refund or credit of the full purchase e, including postage.

X _____
Signature Date

_____ ( )
Name (please print) Telephone

_____
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*Plus $2.94 home delivery fee and any applicable state sales tax. Offer valid in the U.S. only. Please allow 4 to 6 weeks for delivery. 76351-D81231

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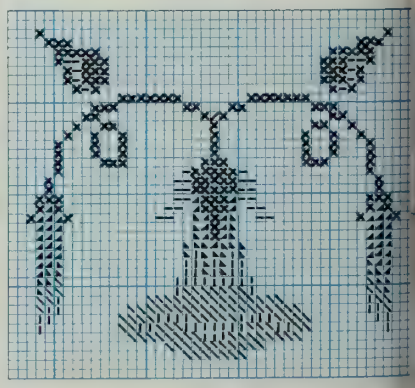
MORNING GLORY BORDER, page 105

To order cross-stitch chart, see page 204.

Materials: 5½-in.-wide strips 11-coun evenweave fabric, fleece, and backing fabric to measure desired length; DM floss in following colors: white, No. 51 medium wedgwood, No. 518 light wedg wood, No. 519 sky-blue, No. 3347 medi um yellow-green, No. 3348 light yellow green; purchased or self-made piping.

Instructions: Finished size of each re





MORNING GLORY BORDER

☒ 3348 Lt. Yellow Green
⊟ 3347 Med. Yellow Green
◪ White
◣ 519 Sky B
◹ 518 Lt. Wedgewo
◧ 517 Med. Wedgewo

1 Square = 1 St

MORNING GLORIES

continued from page 105

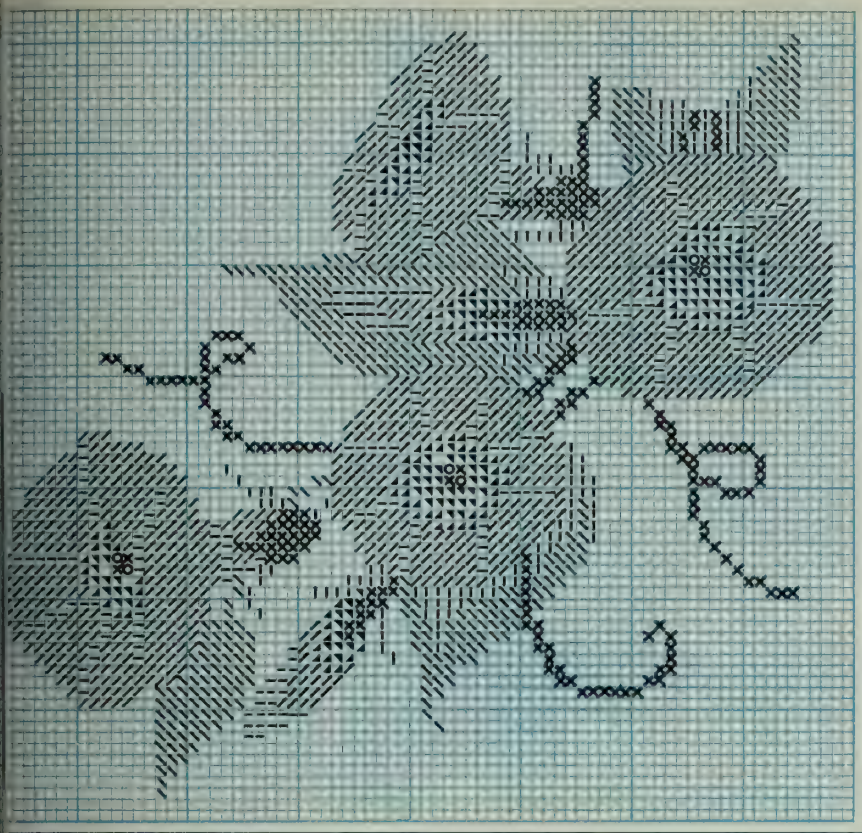
General cross-stitch instructions

Even if you have never done counted cross-stitch before, our Morning Glory Border (*above right*) is a perfect starting project. Once you have mastered the basic pattern, work it over and over for an attractive border or edging.

Work all your cross-stitches in the same direction so that the lower stitch of the X goes from lower left to upper right and the top stitch of the X goes from lower right to upper left.

Always keep your stitching tension uniform, making sure the stitches are neither too loose nor so tight that they distort the fabric.

When changing embroidery floss colors, carry over the discontinued floss under no more than 3–5 stitches. Catch the carry-over stitches in the back of the other stitches. Never carry a thread across an unstitched area, such as between the flower and buds of the Morning Glory Border, because the thread may show through the fabric.



MORNING GLORY WREATH PILLOW

- White
- 517 Med. Wedgewood
- 518 Lt. Wedgewood
- 519 Sky Blue
- 973 Bright Canary
- 3346 Hunter Green
- 3347 Med. Yellow Green
- 3348 Lt. Yellow Green

1 Square = 1 Stitch

peat, approximately 3¾ in. For a standard pillow, design repeats 5 times for each side. For standard sheets, pattern repeats 19 times. Unless otherwise stated, sew with right sides together using ½-in. seam allowances.

Cut evenweave to measure desired length, allowing for seam allowances. Determine number of repeats needed to fill evenweave by multiplying measurement by 11 (number of evenweave squares per inch), then dividing by 43

continued on page 112

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Follow package directions

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continued from page 111

(number of stitches in repeat). Pattern allows 2 open squares between each repeat. Open squares may be added or deleted to adjust measurements.

Find centers of evenweave and design; begin stitching here. Using 3 strands over 1 square, stitch design. Using 1 strand No. 519 sky-blue, backstitch along outer white edges of buds.

Line finished stitchery with fleece; attach backing fabric along top edge. Turn; baste raw edges together.

Sew piping to right side of linens along seam allowance. Sew border to right side of linens. Turn under seam allowances of backing fabric and raw edges; baste backing to linens, encasing seam allowances. Sew backing in place with invisible stitches.

MORNING GLORY WREATH PILLOW, page 105

To order cross-stitch chart, see page 204.

Materials: 18×18-in. piece 11-count evenweave fabric; DMC floss in following colors and amounts: 4 skeins No. 518 light wedgwood, 2 skeins No. 3346 hunter green, and 1 skein each of white, No. 973 bright canary, No. 517 medium wedgwood, No. 519 sky-blue, No. 3347 light yellow-green, and No. 3348 medium yellow-green; ⅝ yd. 45-in.-wide stripe fabric for edges and backing; 17-in.-diameter circle of fleece; 2¾ yd. purchased or self-made piping; 15-in.-diameter purchased or self-made round box-edge pillow form.

Instructions: Finished size, approximately 15-in. diameter. Unless otherwise stated, sew with right sides together using ½-in. seam allowances.

Note: Only ¼ of pattern is given on *page 111*. To complete pattern, rotate and stitch given quadrant an additional 3 times. As each quadrant is stitched, rotate pattern and fabric to complete next quadrant. Chart may be redrawn or photocopied and taped together to include all 4 quadrants of pattern.

Find center of chart; begin stitching here. Cross-stitch using 3 strands over 1 thread. Mark seam line around outer edge making 15½-in.-diameter circle. Baste fleece to wrong side of pillow top along seam line. Baste piping to front.

Cut backing to match front, allowing for center back seam. Sew center back seam in 1 in. from each end. Baste piping to backing along outer seam line.

Cut 3¼×48-in. strip for edging, piecing as necessary. Sew edging to front along seam line. Join short ends of box-edge strip; trim excess at ends. Sew edging to back. Turn; insert pillow form. Slip-stitch opening closed.

GOOD MORNING PILLOW

1 Square = 1 Inch



GOOD MORNING PILLOW, page 105

To order kit, see page 204.

Materials: 20×24-in. pieces of fabrics: light blue cotton for pillow front, backing fabric, and fleece; ½ yd. 45-in.-wide fabric for ruffle; 3 skeins DMC floss No. 517 medium wedgwood; 16×20-in. pillow form; narrow piping.

Instructions: Finished size, approximately 16×20 in., plus 3-in. ruffle. Unless otherwise stated, sew with right sides together using ½-in. seams.

Enlarge pattern (*above*) to scale. Transfer to pillow front.

Using 3 strands of floss, embroider design using outline stitch. Make French knots for flower centers.

Draw 16×20-in. rectangle centered around stitchery to form seam lines. Baste fleece to wrong side of pillow front along seam lines; baste piping to seam line on right side.

Cut two 7×45-in. ruffles and assemble; gather to front. Sew front to back leaving opening; turn and stuff. Slip-stitch closed.

ENVELOPE PILLOW, page 105

To order iron-on transfer, see page 204.



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MAINTENANCE

WOOD FLOOR CARE

WATCHWORDS ON WATER

Some cleaning products for hardwood floors call for water. But unless your floor has a certain finish, the Oak Flooring Institute cautions you to avoid such products. Here's why.

"Wood cells expand as they absorb moisture and contract as they dry," says Walter H. Whitley, executive vice president of the Oak Flooring Institute. "Producers of hardwood flooring dry their lumber to a specified moisture content so that expansion and contrac tion are within acceptable limits unde normal environmental conditions."

If you use a water-based cleaner, yo may cause splotches or dark stains, o you may dull some finishes. In extrem cases, water can cause the wood cells t expand, resulting in buckling in whic the boards pull away from the subfloo to create uneven and unsightly ridges Repair of buckling is often expensive you may have to replace the damage area or the entire floor.

Does your hardwood floor have polyurethane or Swedish surface fin ish? Then a clean cloth or sponge mo dipped in a solution of 4 cups of warn water to 1 cup of white vinegar, *wrun nearly dry,* may be used. After cleaning wipe the floor dry immediately.

"This method should never be used however, on the more common wax fin ishes," says Whitley. "There are com mercially available products fo cleaning these finishes. Just be sur that the label states that the product i made specifically for wood floors an does not contain water."

For a copy of "Wood Floor Car Guide," send 25 cents and a self-ad dressed, stamped business-size enve lope to Oak Flooring Institute, P.O. Bo 3009, Memphis, TN 38173-0009.

MAINTENANCE

TESTING FOR RADON

HELP FROM THE STATE

Homeowners worried about radon these days also worry about scam artists who ply worthless test kits and services. Where do you turn for help in your buying decision? One resource may be as close as your state's health or radiological department.

Government testing. The Environmental Protection Agency (EPA) provides an annual, voluntary testing program for companies that sell and analyze radon test products. The EPA lists the names, addresses, and testing devices and/or testing methods of companies whose products have measured up to EPA radon measurement accuracy standards in a national Radon Measurement Proficiency (RMP) Report.

In addition, each state's public health department or radiological bureau receives an individual RMP Report listing those tested companies that do business or wish to do business in that state. Your state will make that report available to you, the consumer, at little or no charge, on request. However, many states will first go an extra mile toward protecting consumers.

State scrutiny. Many of the state RMP Reports that consumers receive will barely resemble the report that the EPA originally provided. That's because those states have already deleted companies if their records show evidence of unethical business practices. Also, all companies listed must meet the states' often-stringent certification or registration requirements for measuring radon. If they don't, they're culled from the list.

Your state's report may also provide additional information. This could include a fact sheet on your state's radon levels and some suggestions to help homeowners deal with radon in their homes. To check on your state's RMP Report, call 1-800/555-1212 and ask for the toll-free state health or radiological department number.



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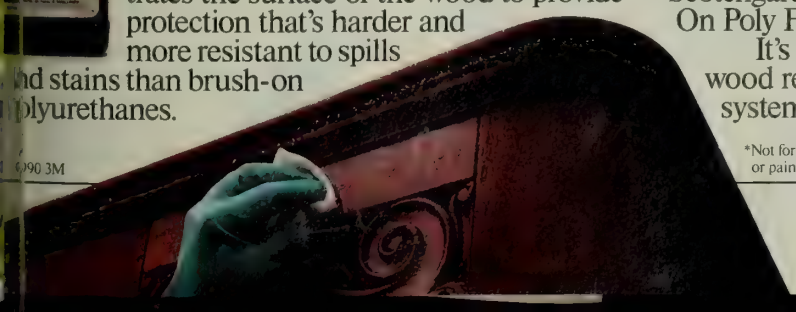
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Apply it straight from the easy-to-handle bottle. Its clear formulation won't yellow your wood like other polyurethanes. Over bare wood or with stain*, it accents the beauty of the wood.

You ask a lot of yourself when you begin a project. Now it's time to ask more of your finish. Try Scotchgard™ Wipe On Poly Finish.

It's part of the wood refinishing system from 3M.



*Not for use with whitewash or paints.

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AVOIDING BREAK-INS

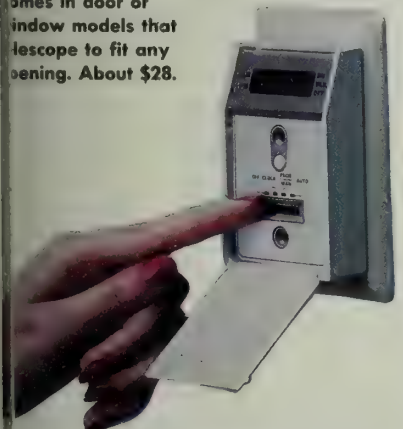
FIVE PREVENTIVE PRODUCTS UNDER $100

Why make it easy for urglars? Here are five ow-cost, do-it-yourself roducts that will keep our home off the most- anted list of most ieves.





OOR AND WINDOW BAR
Windows and sliding glass doors are mmon break-in points. This battery- erated Honeywell Security Alarm and Lock r offers a solid barrier against entry, and flashing light and pulsing sonic alarm. omes in door or indow models that lescope to fit any ening. About $28.



DOOR LIGHTS
en when you're on vacation or away from ur home, this simple timer by Intermatic ll continue to turn interior lights on and f. When the house is viewed from the out- le it looks as if it is occupied. The timer can preset to come on at regular times or ran- mly. About $34.

WIRELESS ALARM
Doors and windows monitored by this system trigger the control center to emit a loud alarm and indicate the point of entry. Can be expanded with up to 16 different zones. SS-6100 by Heath-Zenith. About $100.



OUTDOOR LIGHT
Visibility is anathema to thieves. Light Expressions, a low-voltage outdoor light from Intermatic, vanquishes dark spots around the house that might give burglars an opportunity to jimmy a door or window. Sold individually at about $35, or in sets up to $75.



BARKING DOG, NO BITE
When somebody approaches the door, this motion-detecting sensor sounds off with a deep, lifelike dog bark. It can also sound a pleasant chime. Dog Bark Alarm, from Heath Zenith. About $60.



Bring the beauty of the world in.

Don't lock out the world's spacious beauty and openness. Let it come in and brighten your home naturally with windows made with *Sungate*® coated low-E glass from PPG. Just mail in the coupon below and PPG will send you a free brochure on how windows made with *Sungate* coated glass can help make your home more beautiful, comfortable and energy-efficient. All year 'round. For more information, just call 1-800-2-GET-PPG for the dealer nearest you.

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TUNA FOR UNO.



When it comes to tuna, great things come in small packages. Bumble Bee selects only the best cuts of tuna for its special single-serving size.

So the next time you want the best-tasting tuna salad, or tuna sandwich, or just tuna on a fork, make a beeline for Bumble Bee in the single-serving can.

MILK-FREE PANCAKES

SPECIAL-REQUEST RECIPE



SCOTT LITTLE

Dish up a stack of syrup-capped pancakes for Sunday breakfast.

We frequently receive requests from *BH&G* readers to publish more milk-free recipes. That's because approximately 20 percent of Americans reportedly suffer permanently or temporarily from lactose intolerance (the inability to digest the sugar found in dairy products). For all of you who wrote, here's what you asked for. We think you'll flip for these flapjacks: they're spicy, fruity, and light.

HONEY-APPLE PANCAKES

Don't let the thick batter fool you. These pancakes turn ou light and fluffy—

1¼ cups all-purpose flour
2 tsp. baking powder
¼ tsp. salt
¼ tsp. apple pie spice
⅛ tsp. baking soda
1 beaten egg
¾ cup apple juice
2 Tbsp. honey
1 Tbsp. cooking oil

In a medium mixing bowl stir together flour, baking pow der, salt, apple pie spice, and baking soda. In a small bowl sti together egg, apple juice, honey, and oil; add all at once t flour mixture, stirring till blended but still slightly lumpy.

For each pancake, pour about *¼ cup* of the batter onto hot, lightly greased griddle or heavy skillet. Cook for 2 to minutes or till pancakes have a bubbly surface and slightly dry edges. Turn pancakes; cook for 2 to 3 minutes more or til golden brown. Makes about eight 4-inch pancakes.

Nutrition information per pancake: *124 cal., 3 g pro., 3 g fat, 3 mg chol., 169 mg sodium, 59 mg potassium, 1 g dietary fiber.*

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Ultra 100's.



TRUE

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HOME MAINTENANCE

BACKDRAFTING BLUES

YOUR HOUSE MAY BE ALL CHOKED UP

TUG-OF-WAR

There is a tug-of-war going on in your house right now. Technically, it's called backdrafting, and it occurs when high-pressure outdoor air forces its way inside your home. This air gets sucked in through gaps in windows and doors, and other small openings, thanks to a small hurricane of low pressure created by exhaust fans, vented gas appliances, and chimneys.

In winter your house has more air going out than coming in, and your fireplace and gas appliances may not be breathing right.

Problems erupt when the negative pressure inside overcomes the force of the exhaust drafts in your chimney. When this happens, fumes from the fireplace and vented gas appliances run backward down the chimney and into the house.

A temporary form of backdrafting called "spillage" occurs when a combustion appliance (gas-powered furnace, water heater, clothes dryer, or fireplace or wood stove) first fires up. Before the chimney's draft gets moving upward, combustion gases that should be exhausted hit a stack of cold air in the chimney and deflect downward, back into the room.

At start-up most gas-burning appliances experience some spillage. Any more than 30 seconds of spillage, however, is cause for concern.

ASSESSING THE DANGERS

Most gas appliances, properly maintained, exhaust only carbon dioxide and water vapor. Neither are particularly hazardous. But, combustion gases do contain traces of elements that can prove to be unhealthful when they are inhaled over a long period of time.

The biggest immediate threat from backdrafting is carbon monoxide poisoning, and it is extremely dangerous in the short term. Because carbon monoxide is colorless and odorless, it is difficult to detect, but it can kill you.

There are primarily two ways carbon monoxide can be generated. If exhaust gases from appliance spillage reenter the appliance's burner, carbon monoxide could result from the reburning these gases. Fortunately, this happens



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n premium paints. So your wood furniture not only looks great, it lasts longer.

For large jobs, Rust-Oleum Wood Saver Trim Paint puts the same formula to work tecting your eaves, porch railings, doors and windows. Everywhere trim is vulnerable ne damaging effects of water and direct sunlight.

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arely. It's most likely when boilers are sed to heat airtight homes, or when omes generate excessive spillage.

Burning wood, however, always pro- uces carbon monoxide s well as a slew of other oxious gases and com- ounds. Charming as it ay be, your fireplace or ood stove is the most angerous and trouble- me source of backdraft- g gases.

Burning wood produces a slew of noxious gases. Charming as it may be, your fireplace or wood stove is the most troublesome source of backdrafting gas.

ETECTING THE PROBLEM

How do you know hen you have a prob- m? For appliances and rnaces, check around e burner air intake and haust air hood for soot arks. For the fireplace, let a wood fire rn down to embers, then turn on ur largest exhaust fans (the clothes yer and a downdraft cooktop will do) d check for fumes around the firebox opening. With the same fans running, check your water heater (while it's on) to see if any air is coming down the flue.

FRESH AIR SOLUTIONS

In new homes, the best solution is to seal off combustion appliances from indoor air, and then supply outside air directly to them. Most new, high-efficiency furnaces now come with fan-forced exhaust systems that completely eliminate furnace backdrafting.

SAFER FIREPLACES

Fireplaces can be made safer by piping in outdoor air through a 4-inch duct and installing airtight glass doors. A good chimney tune-up is recommended as well. Have a chimney sweep clean your chimney, clear obstructions, and seal any cracks found. Insulating your chimney also helps reduce cold drafts.

In an older home with evidence of spillage, ducting fresh air into the vicinity of larger exhaust fans will reduce the problem. In cold climates, install an in-line electric heating element to warm up incoming air. If your furnace is in a small enclosed room, make sure your cold-air return system is airtight. Seal up the joints between pieces of your cold-air return ducts and tape a strip of plastic over the filter slot.

OPERATING PROCEDURES

The most important single step you can take to avoid backdrafting problems is to learn how to operate your home safely. Don't operate a dryer and large exhaust fan when your wood fire is turning to embers.

As a final precaution you can install a carbon monoxide alarm near your fireplace. If deadly gas spills back into your living room, the alarm will alert you to turn off the offending exhaust fan or clean out last year's bird nest.

DOUBLE FEATURE.



You'll always get a stellar performance when you choose WENCO's JX-7 Clad or Wood Decorative Casement Windows for your home. Hand-beveled, decorative glass, solid brass detailing, and modern triple glazing get rave reviews from even the most discriminating design tastes.

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CUTTING THE TOUGH STUFF

A JOB FOR THE BAYONET SAW



COURTESY OF MILWAUKEE ELECTRIC TOOL CORPORATION

A bayonet saw slices through any thickness of lumber—nails and all!

Some call them reciprocating saws. Others, bayonet saws. Still others use Milwaukee Tool's popular brand name—Sawzall—which pretty well sums up what this two-fisted tool cuts. Wood, steel, iron, concrete, brick, plaster—clamp in the right blade and a bayonet saw slices through such materials like a sharp carving knife through a well-done roast.

HOW THEY WORK

Think of a bayonet saw as big brother to a jigsaw. Squeeze the trigger and its reciprocating blade moves back and forth, just as a jigsaw's does. A bayonet saw's blade is much larger, though—3 to 12 inches long—and it moves horizontally from the motor housing, not vertically.

NO-SWEAT SAWING AND BORING

This horizontal cutting action lets you stab a bayonet saw into a surface without boring a starter hole. You simply start the saw, lay the blade against a wall, for example, and tilt it up, using the machine's shoe as a pivot. Also, bayonet saws make easy work of cutting in tight places—a common problem whether you're making small-scale r pairs, doing rough-in work for a remo eling project, or building from scratc The saw's blades project well beyon the motor housing, so you can inse the business end into a fairly sma area, such as the space between a s pipe and a stud. And because the bla is power-driven, you don't need the e tra elbowroom required for maki deep strokes by hand.

FOR SALE OR RENT

For years, contractors have relied o bayonet saws for such heavy-duty jo as cutting timbers, pipes, conduit, an openings for doors, windows, and sk lights. Now homeowners are buyi them, too (prices range from $100 $250) or renting them from tool outlet

WHO MAKES 'EM

Black & Decker, 10 North Park Dr., P.O. Box 798, Hunt Valley, MD 21030; 301/683-7000.
Milwaukee Electric Tool Corp., 13135 W. Lisbon Rd., Brookfield, WI 53005; 414/781-3600.
Skil Corp., 4801 West Peterson, Chicago, IL 60646; 312/286-7330.


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3



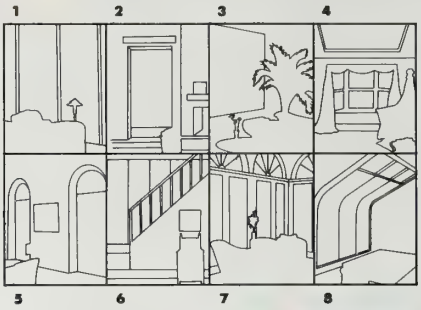
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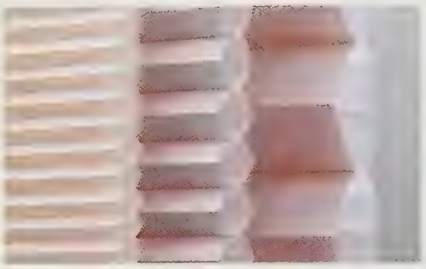




8

To create the world's most beautiful windows.





Duette® shades are perfect for any home, any room and any window. Why? Because they offer a wide range of light transmission, from transparent to opaque. They come in three permanent pleat sizes. The soft fabric comes in a wide range of designer colors. And they're available with a variety of hardware systems which allow you to cover any window, whether it's on a curved wall or a sloped ceiling.

It's all made possible by our unique cellular honeycomb design. This patented construction, which cannot be duplicated, produces shades that have incredible strength and durability, without visible cords, holes or seams to mar the appearance.

What's more, Duette shades are easy to care for and are highly energy efficient as well, keeping heat in when you need it, and out when you don't.

That's why no matter what your point of view, your windows will look more beautiful with Duette shades.

1 Duette Elite: slim and fit.
Duette Elite™ shades are made with a soft, translucent fabric in permanent three-quarter inch pleats, for a look that's gently tailored. Here they filter the light to create a warm, sophisticated mood in this contemporary living room. These shades are shown with our Duette EasyRise,™ the loop-and-pulley tracking system which allows even the largest and heaviest shades to be raised and lowered effortlessly. Another gentle touch from Duette window fashions.

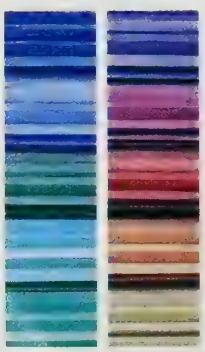
2 Duette Eclipse: minimum light, maximum beauty.
No matter how bright and sunny it is outside, this southwest bedroom can be kept almost totally dark with these Duette Eclipse™ shades. What's more, Duette Eclipse will protect your furniture and rugs, because it blocks out 99% of the sun's ultraviolet light. Duette Eclipse is especially practical when used with Duette Duolite,™ allowing you to pair two different fabrics. This Eclipse/Sheer Visuale combination gives you the double benefit of daylight views and nighttime privacy.



3 Duette Splendor: the architectural look.
There's no better match for this spacious music room than the graceful, yet grand scale of Duette Splendor.™ These shades have a wide two-inch pleat and can cover large expanses of windows, up to fourteen and a half feet wide by an extraordinary thirty-five feet long. And the entire shade can be concealed in the headrail when completely raised. Duette Splendor. For the sweeping lines and broad planes that give windows a whole new dimension.

4 Duette Expressions: a softer touch.
Duette Expressions,™ with its soft linen-look fabric, makes the perfect base for a delicate lacy overtreatment in this cozy nursery. The skylight uses our Duette Skyrise,™ a tracking system which keeps shades on an angle securely in place. Skyrise can be operated manually or can be motorized, when you want to baby yourself.

5 Duette Classic: for a traditional view.



Duette Classic™ has our smallest pleat size, three-eighths of an inch, for a look that's perfect for this elegant library. And Duette Classic can be custom made to fit any window shape, from a trapezoid to these gracefully arched windows.

6 Duette Sheer Visuale: for a clearer view.
Duette Sheer Visuale™ is made of a soft, knit, almost transparent fabric. So it lets in the view, without leaving your windows bare. Like all Duette shades, it can be installed to open from the bottom-up, or the top-down. In this sunny beach house it's in off-white, but it also comes in dark, smoky colors, pastels, or sheer lace-looks. Duette Sheer Visuale, a clear advantage for your windows.

7 Duette Vertiglide: for a wider view.
For large-scale windows and doors, as in this bright solarium, there's nothing more fitting than Duette Vertiglide.™ This vertical hardware system can be custom made for any expanse up to twenty-eight feet wide by eight feet high, and can be installed to open from either side, both sides, or with a center opening. Whichever way you go, they're the nicest thing to come across your windows.

8 Duette Smart Shade: for the intelligent window.
Duette Smart Shade™ is a curved track system that can be installed vertically or horizontally. It's perfect for bay windows, greenhouses, skylights, or the series of curved windows in this granite bathroom. Any way you turn, Duette Smart Shade looks beautiful.

For a free fabric sample and the name of your nearest Duette retailer, or to order our new 24-page brochure ($2.00) or home video ($5.95), call 1-800-32-STYLE ext.100. Or write: Hunter Douglas Window Fashions, P.O. Box 308 Dept.100, Mt. Olive, NJ 07828.

Because whatever size or shape windows you have, we've got you covered.

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TRUE BLUE

BY REBECCA JERDEE

PHOTOGRAPHS HOPKINS ASSOCIATES

USING AN OLD FRIEND TO GIVE YOU NEW CONFIDENCE WITH COLORS

Color cowards, here's a fail-proof way to color your surroundings and rev up your decorating courage in the process.

Begin with the blues; they feel good. Reward yourself with the easy elegance, heavenly comfort, and sophisticated calm that blues will give you. By starting small (creating little vignettes with flowers, linens, dishes, and accessories), you'll quietly build up your color confidence.

Forget matched sets of linen and florist's arrangements that take the fun out of mixing the shades *you* really love. Choose your own mixes; get your own blues.

With a one-of-a-kind attitude, bring home the blues for an inviting bed, a fresh table, or a pretty vase. Any blues will do: light, dark, slightly green, or violet. Afraid of clashing? With crisp, clean whites as buffers, you can have them all.

continued on page Z2



COURTESY OF BALLANTINE BOOKS

Gather blue linens for a bed. Like tranquil skies or deep velvet nights, they'll soothe, calm, and create a place for rest.

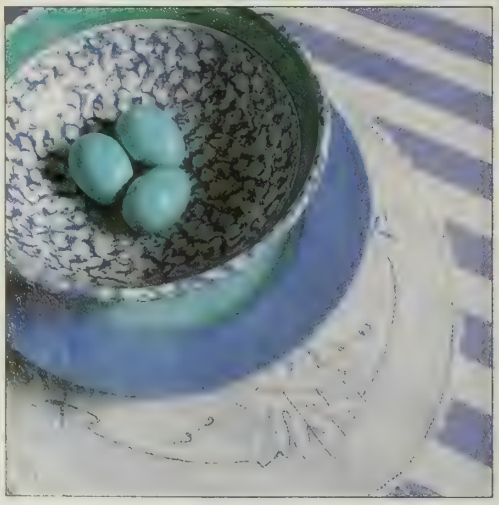
Take cues from Mother Nature. Her blues blend naturally. Harmonize blue delphiniums, clematis trails, and "Blue Moon" roses.

continued from page Z1



Conjure up a country-fresh kitchen with blue milk pitchers, cornflowers, curtains, and tablecloths. You'll think of dairymaids, summer storms, and placid lakes.

For a simple color exercise with dishes, arrange a still life with a green blue, a violet blue, a light blue, a dark blue, and a true blue. The pleasure's in the mixing.



Buying information, page Z11.

MOODY BLUES

Once you've arranged a few blues, you'll notice the different effects each one of them creates in your home:

- **Green blues** bring cool elegance to a room, anchoring it with a laid-back sense of optimism and sparkle.
- **Light blues** set a room with soft silhouettes that bring out an awareness of femininity, creativity, gentility, and a classic air.
- **Violet blues** offer rooms a bit of cool reserve and mystery, pervading the atmosphere with a dreamy spirit.
- **True blues** extend that come-on-in, casual, and friendly feeling in rooms.
- **Dark blues** make a show of strength, loyalty, and responsibility, setting a distinctly masculine tone.

Select the blue mood you favor most for your next decorating project.

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The traditional furniture you'll see in our catalog retains the beauty and elegance of the original Queen Anne, Chippendale and Sheraton styles, while incorporating many comforts and conveniences. Some are executed in mahogany, the aristocrat of woods. Others in glowing cherry. Every piece will add grace and beauty to any home. To discover many professional decorator secrets, get your copy of our free catalog. You'll find suggestions on the best ways to decorate with Traditional decor. You'll see hundreds of fabrics in a wide range of colors and patterns, all suited to a Traditional decor.





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Solid Cherry Mini Chest

This charming multi-use accent is a classic design of enduring elegance.

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This bedroom from the **CHERRY COLLECTION** epitomizes the elegant country life. It is a thoroughbred style that is gracious and comfortable, reserved without being stuffy. It is semiformal, rural and evokes a "Hunt Country" atmosphere.

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This living room uses the best of the past to build a legacy for tomorrow. Classically styled solid cherry accents and hand-crafted upholstery place an emphasis on heritage and create a look that is traditional, formal and urban.

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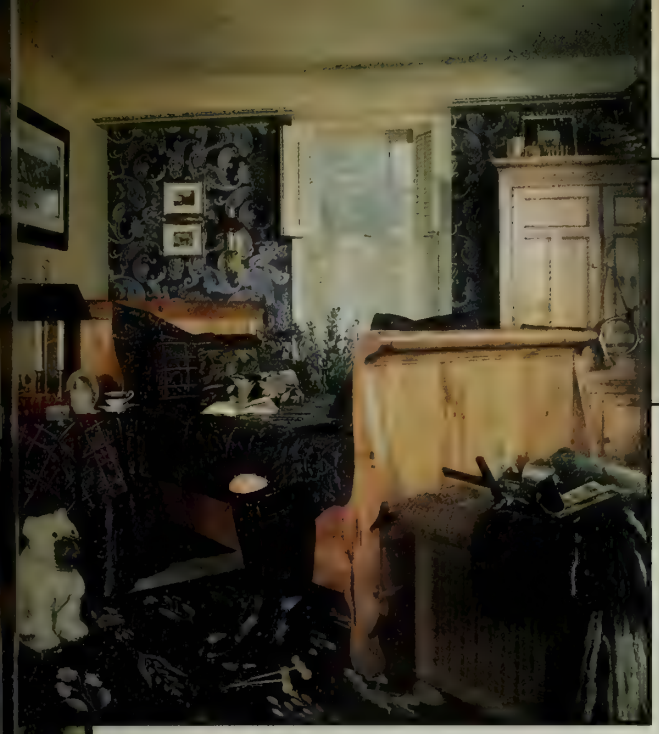
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The **COUNTRY MANOR COLLECTION** captures the simplicity of rural life. This bedroom features our classic "sleigh bed" crafted in solid pine with decorative veneers.





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Transitional

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Create a refreshing climate that is discerning but not restrictive, with a wide variety of sophisticated frames and fabrics from our **UPHOLSTERY COLLECTION.** Brass accent tables also help create a transitional expression.



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Catalog Sale Special
Solid Oak
TV/VCR Stand

Designed for style and function, this special offer is perfect for any family room.

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$249

red French antiques were the inspiration
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. It is casually elegant, with painstakingly
floral and wheat motifs.

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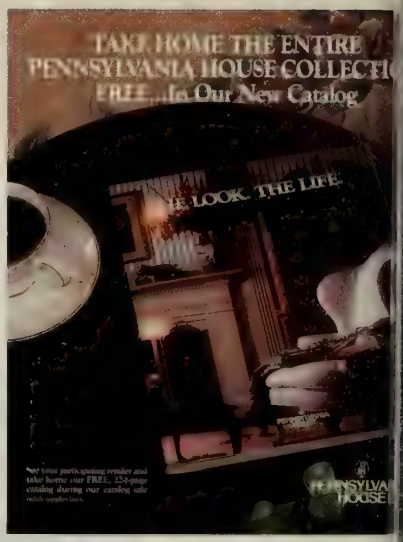
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TLC FOR AREA RUGS

CARPET-CARE TIPS



COURTESY OF CAPEL RUGS

If wishes were granted by genies, you'd rub a magic lamp, snap your fingers, and carpet damage would disappear into thin air. Alas, Aladdin, these tips will serve you better.

PRESERVING YOUR HEIRLOOMS

Whether you walk on fragile kilims, woven dhurries, or colorful orientals, you'll want to protect your investments with these measures:

- **Pad** all area rugs. This will keep them flat, shapely, and resilient. In addition, padding prevents rug color from seeping through onto the floor underneath the carpet.
- **Pick up** everyday dirt with a carpet sweeper. Vacuum once a month (twice if needed) with a brush attachment intended for wood floors. Stroke the pile of oriental rugs gently to prevent wear. Avoid beaters or carpet attachments for all rugs.
- **Turn** over reversible rugs once a year. If traffic is heavy on one end, turn your rug end to end every three years. To even out fading caused by sunlight, turn the rug several times a year.
- **Remove** spots and stains immediately. Consult the rug's care guide for stain and spot removal information before stains happen.

If a spot requires professional attention, keep it wet with clear water, and call the dealer or a professional cleaner for help.

- **Clean and mothproof** your rug professionally according to dealer recommendations. To find a reliable cleaner, check references or ask friends for their recommendations.



BUYING GUIDE

TRUE BLUE

Page Z1: Floral sheets and pillowcase, "Shannon Grove"—Martex, Div. of WestPoint Pepperell, Inc., 1221 Avenue of the Americas, New York, NY 10018. **Striped comforter,** "Reverse Granite"—Esprit Bath & Bed, 1221 Avenue of the Americas, New York, NY 10020. **Pillow sham,** "Quill"—Esprit Bath & Bath (address above).
Page Z2: Blue/white sponged pitcher—Bybee Pottery, P.O. Box 192, Waco, KY 40385. **Blue fabrics,** Victoria Morland's "A Farmhouse in Provence"—Raintree Designs, 979 Third Avenue, New York, NY 10022; 1-800-422-4400.

WINDOWS TO THE WORLD

Page Z12 (*left*): Doors—Peachtree Doors Incorporated, Dept. BH, P.O. Box 5700, Norcross, GA 30091. **(*Top right*): Window**—NAWCO Minnesota, Incorporated, Dept. BH, P.O. Box 206, 1324 E. Oakwood Drive, Monticello, MN 55362. **(*Center right*): Tilt Turn windows**—Marvin Windows, Dept. BH, P.O. Box 100, Warroad, MN 56763. **(*Bottom right*): Windows**—Caradco Corporation, Dept. BH, P.O. Box 920, Rantoul, IL 61866.
Page Z13 (*top left*): Roof window—Velux-America Incorporated, Dept. BH, P.O. Box 3208, Greenwood, SC 29648. **(*Bottom left*): Slim-shade and interior windows**—Pella Windows and Doors, Dept. BH, 100 Main Street, Pella, IA 50219. **(*Top right*): Window shapes**—Hurd Millwork Company, Dept. BH, 520 S. Whelen, Medford, WI 54451. **(*Bottom right*): Windows**—Andersen Corporation, Dept. BH, P.O. Box 12, Bayport, MN 55003.

WINDOWS TO THE WORLD

DAYLIGHTING OPTIONS TO LIGHT UP YOUR LIFE

Today's new windows have enough shapes and functional frills to add pizzazz to your building and remodeling plans for years to come. These examples score high on four features you'll want: beauty, easy maintenance, energy efficiency, and protection from solar rays and heat.

continued on page Z14



Create a warm-fuzzy peach of a patio entry with Prado fixed-panel windows and swinging patio doors. Top them off with a necklace of transoms to feed in even more light. Insulating glass provides energy efficiency and comfort. Clear and bronze low-E glass options available. From Peachtree Doors Inc.



NAWCO MINNESOTA, INC

The weatherwise H-Window from NAWCO Minnesota, Inc., fights rain and icy winds with a tight seal. With its patented center hinge, you can stand indoors and turn the window inside out to clean it without mussing the curtains.



MARVIN WINDOWS

Marvin Windows' European-style Magnum Tilt Turn windows tip in at the top for ventilation. Rotate them 180 degrees sideways for cleaning—and emergency exits. A multipoint locking system hugs the weather stripping to help keep out noise and stop air leaks.



CARADCO

Caradco's True Divided Lite Double Hung wood windows offer old-time charm with modern perks: Both sashes tilt in for indoor cleaning; the window has two types of weather stripping; and you have an option of ⅝-inch low-E insulated glass with 1⅜-inch wood muntin bars.

Buying information page Z11.

As I See It #2 in a series
Anthony Russo
'RSVP'
Scratchboard



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OF KOHLER®

In the mood, are you, for a good time? To that end, our Entertainer™ Sink excels in effortless style. With lots of useful gadgets that look quite design-y and really do work. "How clever!," they'll say. "How colorful!" See Yellow Pages for a Kohler Registered Showroom. For complete product portfolio and idea book, send $8 to Kohler Co., Dept. **LM8** Kohler, WI 53044 or call 1-800-4KOHLER, ext. **103**.
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PHOTOGRAPH HEDRICH-BLESSING ARCHITECT BLOODGOOD ARCHITECTS & PLANNERS INTERIOR DESIGN STEVE MEAD ASSOCIATES VELUX-AMERICA INC.

Roof windows such as the Velux Model TPS blend with your roofline and scoop in a third more light than dormer windows. They also pivot inward so you can clean both sides.



Interior windows add more versatility than do drywall partitions. Closed, these Pella Slimshade windows offer privacy and insulation. Opened, they provide views and air flow between rooms.

continued from page Z12

"We see more versatility with the use of windows." That's one of the trends Jack Bloodgood, president o Bloodgood Architects & Planners, sees for windows in the '90s. "Look for more windows on interior walls. Plus, technological strides will allow you to have all-window walls in a room."



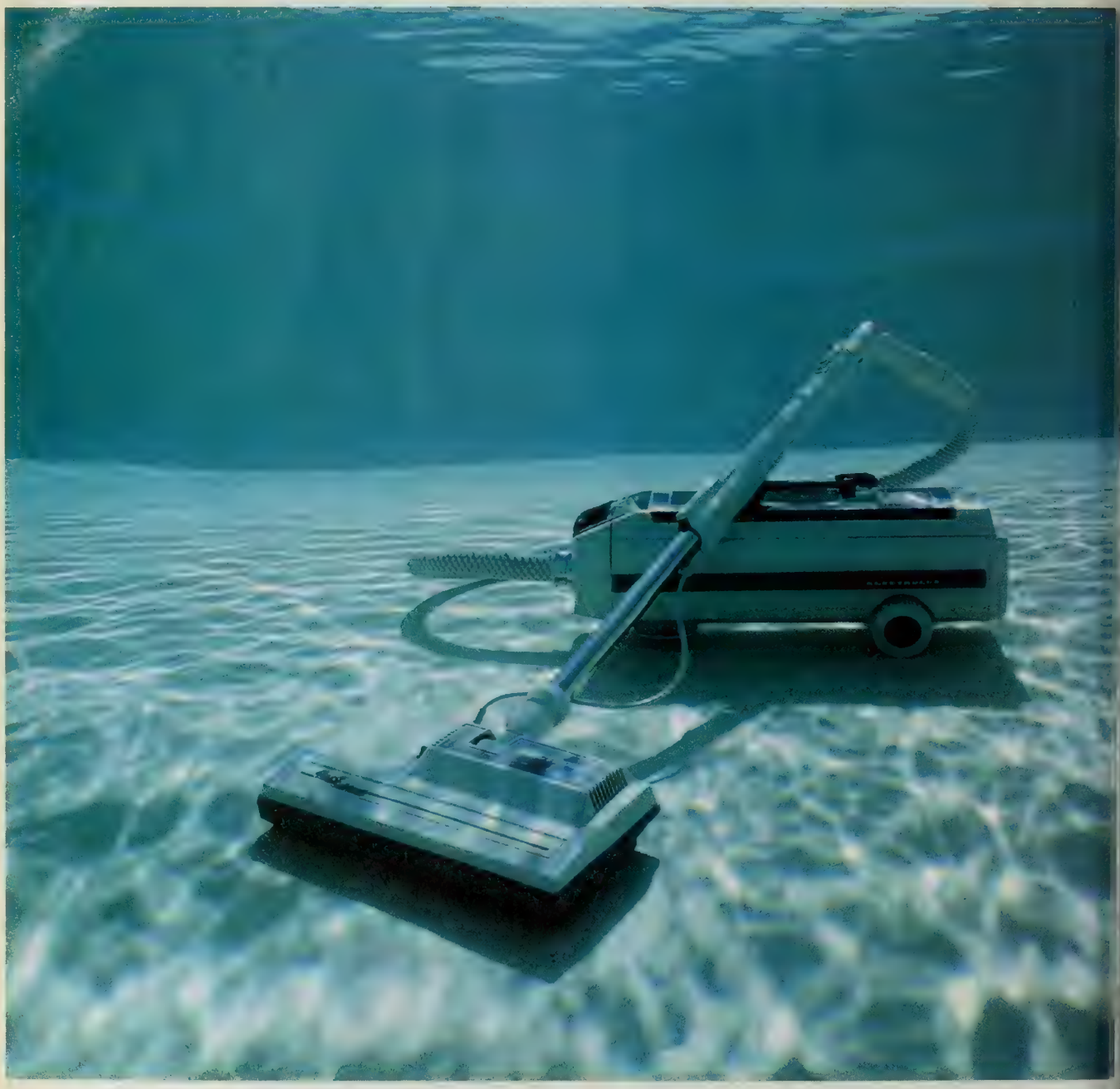
Full rounds and trapezoids and half rounds—oh my! These special shapes from Hurd come with Heat Mirror insulating glass and XUV glazing that greatly reduces sun-fading indoors.



This grouping of fixed and awning windows dresses up a stairwell, snatches breezes, and offers framed outdoor views and intriguing sun-painted patterns on walls. From Andersen. BH&G


Hey Bob, if you're whipping up stuffed cornish game hens, I'd recommend grilled eggplant with tomato and garlic on the side.
Well Dave, grilled eggplant is certainly a good idea, but don't you think it'd be better with, say, roast lemon pork loin?
Roast lemon pork loin? Bob, sometimes I think you're not cooking with a full tank of propane. Why not grilled eggplant with rack of lamb? Or marinated swordfish steaks?
Anybody got any hamburger buns?
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Arneson. The best automatic pool vacuums around. Now if only they could do your carpets.

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15-MINUTE PASTA SALAD

FRESH, FAST, AND FANTASTIC



SCOTT LITTLE

oss, then serve this fresh-tasting salad t room temperature.

Create a gourmet pasta salad in time with a little help from ckaged fresh pasta and sauce.

RENTINE PASTA SALAD

ok for packaged fresh linguine and to sauce in the refrigerator case at r supermarket—

1 9-oz. pkg. fresh linguine *or* fettuccine
1 7-oz. pkg. fresh pesto sauce
2 Tbsp. lemon juice
2 cups shredded fresh spinach
1 cup coarsely chopped tomato
¼ cup thinly sliced red onion
¼ cup toasted pine nuts
ated Parmesan cheese (optional)

Cook linguine according to package rections. Drain and cool under cold nning water. Drain thoroughly.

In a large mixing bowl combine pesto uce and lemon juice. Add linguine; s well. Add spinach, tomato, and on- ; toss till coated. Spoon onto individ- l plates or a large platter. Sprinkle th pine nuts. Top with grated cheese. rve immediately. Makes 8 side-dish rvings.

Nutrition information per serving: *208 l., 6 g pro., 17 g carbo., 14 g fat, 4 mg ol., 150 mg sodium, 375 mg potassi- , 2 g dietary fiber. U.S.RDA: 30% vit. 32% vit. C, 11% thiamine.*

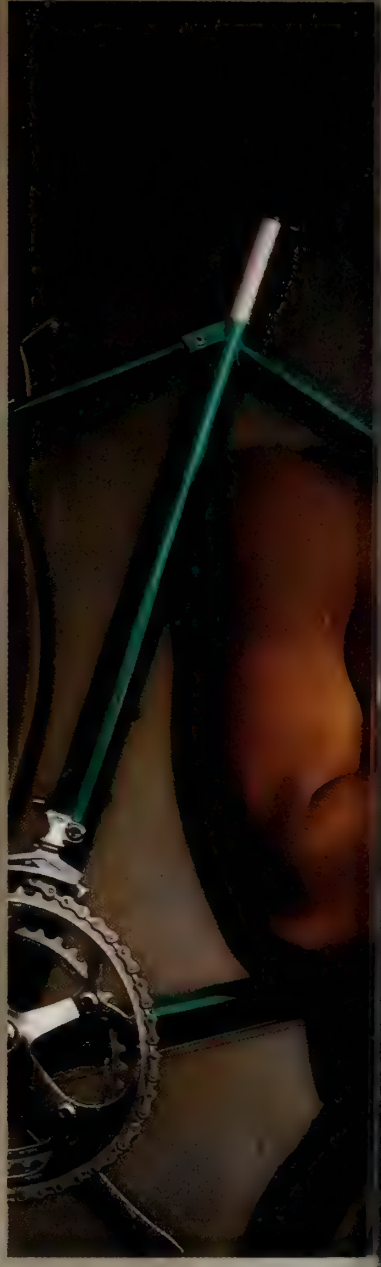




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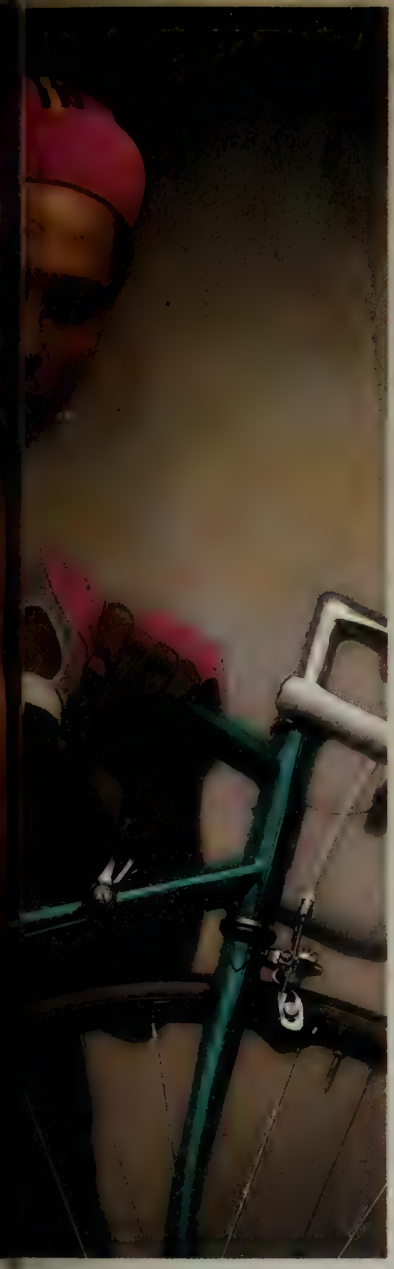
You're one of them. Like every other person on earth your body is mostly made up of water. Each cell thirsts for it. In fact, experts say adults should drink at least eight glasses of water a day to keep the body functioning at its best.

Your water should be at its best too. But is it? News stories are common about lead, pesticides, radon, and other contaminants turning up in our water supplies. Some people think bot water is the answer, yet it can be ex sive and inconvenient.



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testing lab that we can put to work for you. And now we've combined Lindsay, Servisoft and Miracle Water to create sixty-five years of experience and integrity no one can match.

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We also have the world's largest water

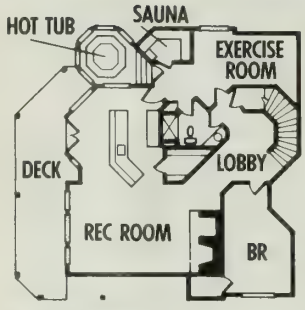
TRENDY TRADE-UP

Grand-Scale Oasis for Empty-Nesters

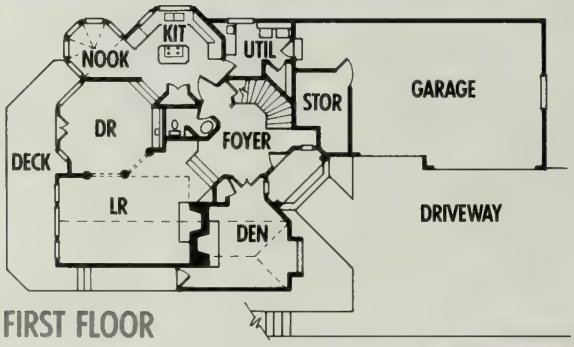
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SUSAN SOUDE



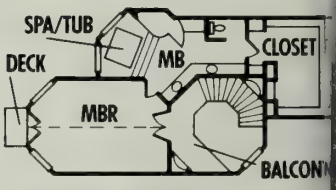
This dramatic home for empty-nesters reaches out to give you a welcome-home hug as you turn into the peaceful entry plaza.



BASEMENT



FIRST FLOOR



SECOND FLOOR

Three sides of the octagonal kitche are cantilevered to help meet setback requirements.

Architect: Robert T. Mickey, Northwest Home Designing, Inc Builder Loree L. Lord, NHD Building Division
Illustrations: Mike Henry

Architect Robert Mickey of Northwest Home Designing, Inc., figured all the angles to make the most of this long and narrow, sloping lakeside lot. The result: a neotraditional-style home with high, graceful arches and novel eight-sided rooms. The design won the 1988 Best in American Living award for a one-of-a-kind custom home under 4,000 square feet.

Mickey gently turned the main floor so each room captures a lake vista. The floor plan includes a mix of open, high-ceiling rooms for entertaining and a more private octangular dining room, kitchen, and window-wall dining nook.

The kitchen's sink area juts out over the lower level, adding a few more feet of work space while still complying with the lot's setback restrictions. Downstairs, one of the home's three granite fireplaces warms part of a self-contained guest apartment. The homeowners' personal health club complete with hot tub, sauna, and exerci room—occupies the opposite corner.



Up the winding staircase on the top flo there's another large spa-tub in the 794-squa foot master suite. Truly king-size, this adult oa boasts a vaulted ceiling, mini-deck, and walk closet of majestic proportions.

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...of all high grasses your
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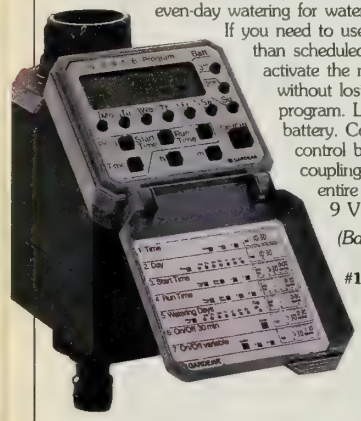
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GARDENA
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TRIMMER
PACKAGE
$129.00

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WATER YOUR LAWN AND GARDEN AUTOMATICALLY

This Water Computer takes care of all your watering chores whenever you don't have the time to do it by yourself. The microprocessor-controlled flow-valve turns water on and off up to six times a day. Watering periods can be set by the week, day, hour, and minute. Different schedules are possible, including odd or even-day watering for water-restricted areas. If you need to use water at other than scheduled times, just activate the manual override without losing the set program. Light indicates low battery. Comes with theft control bracket and hose coupling. Operates for the entire season on one 9 V battery.



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Gardena's Multi Pattern Spray Gun is simply the versatile sprayer ever invented. It shoots down so dirt, yet pampers flowers. Of its four spray settin there is always one perfect for any of your spray jobs. It also has variable volume control, trigger l and comfort grip.



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The Water Timer is surprisingly simple, but endlessly convenient and useful. Just screw it on the faucet, snap on the hose, turn on the water and set the time. It automatically turns your water off. Simply set the dial from 5 minutes to 2 hours and the precision brass timepiece controls the duration.

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THE NEW TECHNOLOGY AND COMFORT IN GUN NOZZLES

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(Includes Hose Co

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52′ of premium quality garden hose in a sturdy lightweight cassette. Unwind only as much hose as you need - water feeds through hose reel. Easy rewind reel and comfortable carrying handle. Ideal for townhomes, RVs, boats, and wherever you don't want to sacrifice a lot of space for a lot of hose. Comes with connectors and nozzle.



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REACH OUT FOR YOUR GARDEN

With the Gardena Soft Spray Wand you can easily water hard to reach spots in your favorite flower beds. Its stainless steel spray head has 365 holes to produce a fine gentle spray for seedlings and tender plants. Features hand control with trigger lock and adjustment for water flow. Length 32″.

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Has same features as the Excellent Oscillating Sprinkler, but is designed for smaller areas up to 2800 sq. ft. (Maximum width: 50', maximum length 56'.

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The state of the art in pruners. These shears are made with quality workmanship and superior materials. They have razor-sharp non-sticking blades, wire cutting notch, sap channel, rubber stops, geared precision blade adjustment, one-hand safety lock, and a practical wrist strap. Can be used by left and right handers. The ergonomic grip is designed for extra comfort. Once used you will not want to do without.

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UNIQUE GARDEN SHEARS MAKE FLOWER CUTTING FAST AND EASY

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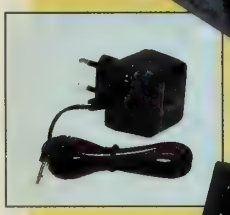
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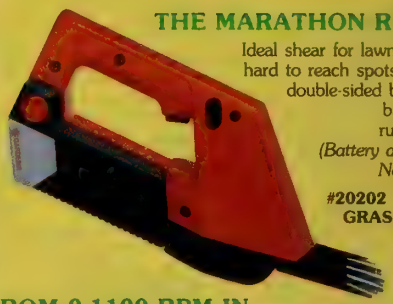


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Perfect mower fo lawn areas. Doub non-stick blades reduce won't clog, are easy t Two wheels plus sled base fo sion cut of 8" wide path. Tel handle extends out to 56". Tw safety starter switch. Operat one hour. *(Battery and Not In*

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THE MARATHON RUN



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THE CHILDREN'S BLESSING

ne of the most beloved passages from the Gospels inspires a nasterwork in fine bone china

et the little children come unto me... of such is the kingdom of heaven."

A timeless message of comfort d faith now inspires a magnificent w work of art from Lenox. Created the rich style of Renaissance sculp- re and superbly handcrafted fine bone china, *The Children's essing* portrays Jesus bestowing s blessing upon two children, in eautiful tableau.

The little boy rests on His knee, oking into Jesus' face with an pression of pure innocence and t attention to His words. The little l leans against Him in a trusting nner, as He cradles her head in s hand, and blesses her.

Careful finishing defines such fine tails as the little girl's hand gently aching His robe. And the simplic- and realism of the sculpture's ssic forms are enhanced by the rm, luminescent beauty of fine ne china.

This is a work of art to treasure for superb craftsmanship as well as meaning. One to be displayed and erished always, with great pride.

This fine imported sculpture will ar the Lenox® trademark in 24 rat gold. To bring its beauty into ur home, you need send no money w. Simply mail the accompanying ervation promptly—and certainly May 31, 1990. 93793





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Shown actual size

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BUILDING

CUTTING HOLES

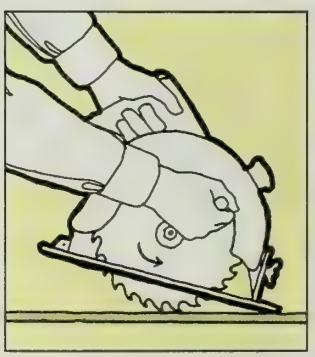
TWO QUICK CARPENTER'S TRICKS

Cutting a hole, round or square, inside the middle of a big piece of any material is easy—once you know these simple secrets.

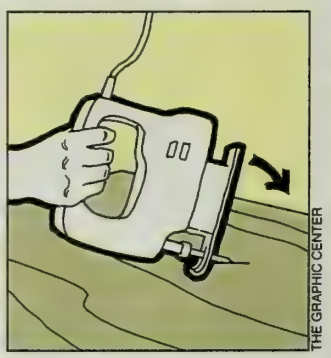
CIRCULAR SAWS

A circular saw works best when you need to cut a big rectangular opening in a large piece of plywood (or other material) without starting at the edge. Mark the area to be cut and tilt the saw so that the front of the baseplate is resting on the wood and the blade is hovering about an inch above the line to be cut. Retract the blade guard and hold it in the raised position, turn the saw on, and gently lower the spinning blade into the wood.

Once the baseplate is down flat on the wood, guide the saw forward to the end of the cut. Don't overshoot your mark, unless you're doing rough carpentry. For a cleanly cut c ner, finish the last inch or of your cut with a handsa



Position saw, start blade, lower into the workpiece.



THE GRAPHIC CENTER

Use a saber saw for smaller or curved plunge cuts.

SABER SAWS

When you need to curves, circles, or sm openings inside a piece wood or other material, the same basic plunge ting technique, only wit saber saw. For more cont you'll need to tilt the saw that the cutting teeth of the blade f you as you start the cut, and use b hands to steady the saw during plunge. Once you've completed plunge, stop the saw, turn it aro and continue cutting.

HOUSETOP GUEST ROOM

A DINGY ATTIC SHAPES UP



Remodeling changed this rafter space into a guest room.

Think beyond paneling and posters. The rafters above you may contain more possibilities than you imagine. Take a look at what can be done.



A closet and unfinished attic area behind the desk serve up storage.

SETTING THE STAGE

An angular platform sets the stage for drama in this attic-turned-guest room. The plan defines a sitting and sleeping area and adds some coziness to the large, barn-like space.

Four skylights brighten the attic and add ventilation. An elegantly simple work area basks in the sunny spotlight opposite the sitting area. Custom couches fold down into standard-size twin beds.

Wraparound bookshelves in white laminate add to the room's sleek looks. The white-on-white color scheme also creates a sharp contrast with the primitive artworks.

BEHIND THE SCENES

A second heating and air conditioning system serves the hideaway, giving guests control over their climate. When overnighters clear out, the homeowners switch off the equipment to save on their energy bill. Sweat equity kept the budget under control. The homeowners put up plasterboard and installed skylights and carpeting.

Photographs: Mike Moreland. Design: Jill Vantosh. Regional editor: Ruth L. Reiter

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TOO MUCH DEBT?

How to Get Out and Stay Out

BY WENDY LOWE



Buying now and paying later is more tempting than ever before—and even more disastrous for the growing number of families who are burdened by heavy debt.

Too many people have been dazzled by today's smorgasbord of credit options, from preapproved credit-card applications that show up in the mailbox, to super-fast bank loans, cash advances, and "easy" payment plans. The trouble is, that feast of credit can gradually starve your family's financial health, leaving you unprotected from a sudden emergency or loss of income.

Last year alone, about 300,000 desperate families—an all-time high—had to seek help from a credit counseling service because their debts were unmanageable. Counselors say most of these people aren't wild overspenders. Some had let their debts build up slowly without realizing what was happening; some got in the hole because of job loss, high medical bills, or divorce.

More than 600,000 others had to file for bankruptcy, a drastic step that releases them from many debts but ruins their credit records for up to 10 years.

ARE YOU HEADING FOR TROUBLE?

Even if you answer "no" to all the questions on *page 123,* your family may be accumulating too much debt. Take stock now and act accordingly.

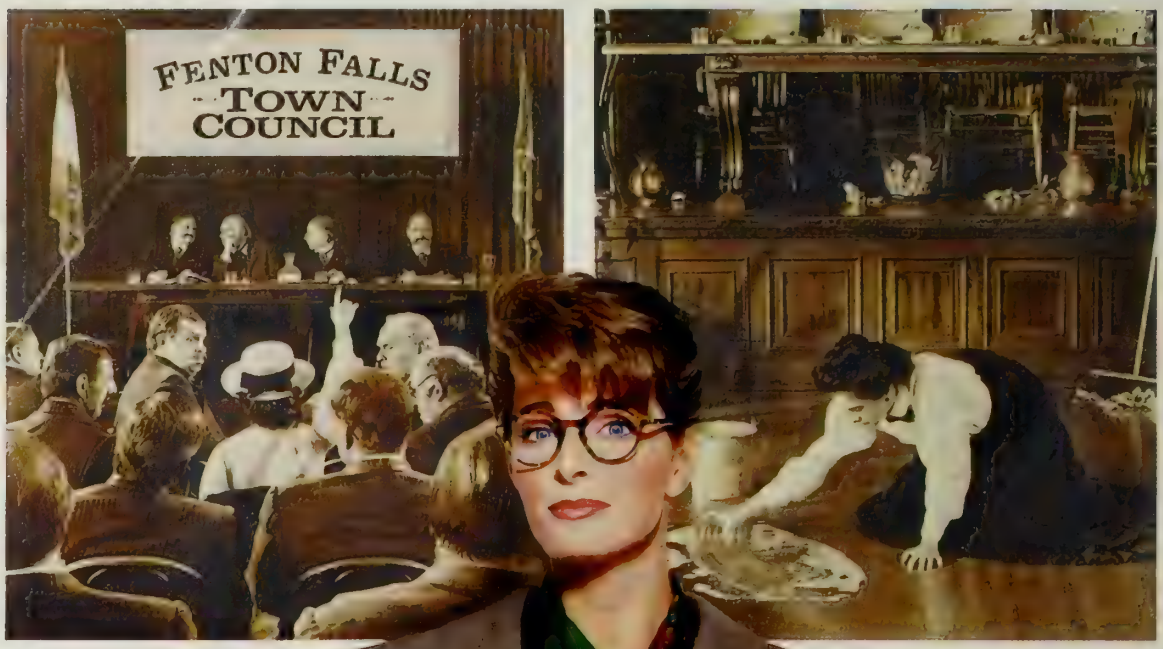
- First, know what you really owe. Add up the "total balance" columns on your monthly loan and credit card bills. If the amount you owe is staying the same from month to month, or slowly creeping upward, you probably need to decrease your debt.
- Second, know what you really spend on regular bills before you say "charge it" again. One common debt scenario: You pay out so much for credit card and loan payments every month that you have barely enough left to cover regular bills for rent, utilities, groceries, and the like. A sudden expense (say, for example, the washing machine breaks down), and you have no choice but to put those purchases on credit cards or to borrow money. This step only increases your total monthly payments, making it even tougher to meet regular expenses. You are locked in an escalating debt spiral that continues to get harder and harder to escape.

The best way to gauge expenses is to keep a precise notebook account of family spending for one to three months. Don't forget to account for less frequent expenses, like insurance premiums or property taxes. *Rule of thumb:* If your

continued on page 123

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14 mg "tar," 1.0 mg ni
av. per cigarette by FTC m

ntinued from page 121

al debt (not including rent or mortge) is approaching 15 or 20 percent of ur after-tax income, you may be ading for danger.

W TO CUT DOWN ON DEBT

Beware the minimum-payment ap. Say you put a $100 purchase on a rd charging 18 percent interest. If u make only the minimum payment ch month, that purchase could cost u up to $118. Charge up bigger bills, d the minimum payments may end covering little more than the inter-. You keep paying and paying with-t really decreasing your debt.

Use fewer cards, set a lower total ending limit. If you have more than ree or four revolving charge accounts ch as Mastercard, VISA, or department store cards), try to pay off the balces on most, then cancel them or w them away for emergencies.

Make larger payments on your reaining cards. Your goal is to pay the tire balance on each card every nth, so you avoid interest charges.

Shop for the lowest rates and annual s on cards. Bankcardholders of nerica offers a list of banks that arge no annual fee, plus a list of nks with the best interest rates. Send .50 for each list, $1 for the helpful mplet "Managing Family Debt," to IA, 560 Herndon Parkway, Dept. IG, Ste. 120, Herndon, VA 22070.

Avoid using lines of credit on bank dit cards, because they charge high erest and can make it too easy to run big debts. Save lines of credit for ergencies only, until you can get anher, cheaper type of loan.

Borrow money sparingly for impor-t items, and shop for the best rates. ok for loans that don't carry penals for early repayment, and dissolve se debts as soon as possible.

Create a Christmas budget and stick it. Many people with high debts are at credit counselors dub "Christmas bies," otherwise sensible spenders o go overboard on holiday shopping. ware especially those "Buy now, n't pay 'til February" plans.

Develop a savings cushion to protect u from a sudden drop in income and provide funds for emergencies.

Rule of thumb: Borrow less, save re, and pay cash whenever possible.

If you find yourself in real trouble:

- Don't put off getting help. Creditors will be more inclined to work with you before your account is sent to a collection agency. If the problem is temporary, try contacting those creditors directly to explain the problem. Assure them of your intent to pay, and negotiate payment levels you can handle.
- A debt consolidation loan can be an enticing but risky way to fend off pressing bills. The money you borrow is used to pay off other debts, so you make only one monthly payment to the loan company. Unfortunately, these loans are often so expensive that families simply get deeper in debt. A home equity loan or second mortgage can be somewhat cheaper, but you'll be paying for years and could be risking your home. Old spending patterns may tempt you, too.

GET PROFESSIONAL HELP

Perhaps your best choice is to visit a nonprofit credit counseling service in your own community. Affiliated with the National Foundation for Consumer Credit, some 500 services around the country help clients reorganize their budgets to slowly pay off debts and establish good credit habits. The fee is nominal. Look in the phone book under "Consumer Credit Counseling Services" or call toll-free, 800-338/8622.

ARE YOU IN TOO DEEP ALREADY?

If you answer "yes" to one or more of the following questions, you, too, may have a debt problem that needs immediate action:

- Have you signed up for additional credit cards because all of your current accounts are charged up to the limit?
- Do you sometimes have to choose which bills to pay because you can't pay them all?
- Do you often take cash advances on credit cards to purchase food and gas or pay other bills?
- Would you have great difficulty paying off all your debts (excluding the mortgage) in 18 to 24 months?



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A Little Wine Can Do Great Things For A Meal.

Expensive Food At Reasonable Prices.

MANAGING FAMILY FINANCES

Updates on Today's Popular Programs

B
MICHELI
HOWEI

Today's personal-finance programs are much improved, offering a level of control, accuracy, and potential cost-saving that would be tough to get with pencil and paper. But don't expect magic; you'll probably spend one to two hours a week maintaining accounts. Nor should the programs replace professional advisers.

Here's a rundown on the four basic types of financial software, plus a sampling of the best programs of each type:

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HOME-ACCOUNTING PROGRAMS

Often referred to as check-writin programs, these basic, everyday mo ey-management tools automate routin financial tasks. They track your i come and expenses by budget categ ries, reconcile accounts, and prin checks. Many also store tax records an provide financial reports. For exampl

Quicken (Intuit). *IBM PC and com patibles, Macintosh, Apple II, $59.95.* the name implies, Quicken is dedicate to saving time. Speed keys elimina unnecessary steps. Recurring expens are tracked and entered automaticall A Billminder feature reminds yo when checks must be mailed. The pr gram is fast to install and easy to use

On Balance (Broderbund). *IBM P and compatibles, Apple II, Tandy $59.95.* On Balance allows you to creat accounts as you enter transactions, sa ing you hours of set-up time. The pr gram also helps you create and upda a budget, then monitors how close yo have come to your goals. Data can exported to popular spreadsheets: Lo tus 1-2-3 for IBM versions, Appleworks for the Apple II series.

SPREADSHEETS

Best known for business applic tions, spreadsheets can perform simp record keeping or quickly compu complex "what if?" calculations on terrelated sets of figures. (What if yo mortgage payment goes up? How w your cash flow be affected?) Because their flexibility, spreadsheets are an cellent tool for home users with unus al or individualized requirement They're pricey, but worth the cost many home uses. One problem: Getti a spreadsheet to print what you wa can be complicated and requires cons erable set-up time. Some good choice

Lotus 1-2-3 (Lotus Developme Corp.). *IBM PC and compatibles, $5* This is the industry standard spreadsheets. It is a character-bas program, which means that the wor numbers, and reports on the screen semble a typewritten page.

xcel (Microsoft). *IBM PC and compibles, $495; Macintosh, $395.* This is graphics-based, second-generation eadsheet, which offers versatile rting and customization, and can d and write spreadsheet files creatusing *Lotus 1-2-3.* That can be a big antage if you use your home comer to work on files created at the ce with Lotus software.

CIAL-PURPOSE PROGRAMS

hese target such chores as preparyour income tax, tracking various estment markets, and managing intment portfolios. Special-purpose grams often serve as companion grams to other accounting software well. Tax programs are especially ular. For example:

urbotax (ChipSoft, Inc.). *IBM PC l compatibles; personal series, $75.* boTax is an efficient, comprehenprogram that also happens to be y to use. There are more than 40 ms, along with helpful, instantly ilable Internal Revenue Service inuctions. Also included are a pop-up culator and a notepad for quick figng. Good "help" functions assist you h IRS rules as well as the mechanics he program. For users who need to ke depreciation calculations, *Turbo-* is equipped to handle all three thods. The program also verifies t all lines on the tax form have been ed in according to established rules.

EGRATED FINANCIAL PACKAGES

inked modules that share data e with these programs. The benefit hat the calculations you do in one ion of the program can be easily nsferred to other sections of the pro-m. Within each section, you work h easy, fill-in-the-blank screens. nmon features to look for include: ne accounting, tax help, investment nagement, real estate activities, lget planning, life insurance calcula-as, and retirement planning.

n addition to these components, st programs offer a financial calcuor to figure interest rates, loan payents, and the future value of savings l investments. This last feature al-s you to see how your money will w over time, based on your estimate nterest rates and other factors.

ou'll get the best payback for your time with these packages, with an extensive overview of your finances as well as the ability to examine numerous financial options quickly and maintain excellent records. Two leaders:

Andrew Tobias' Managing Your Money (Meca Ventures, Inc.). *IBM PC and compatibles, Macintosh, $218.98; Apple, $149.95.* This is sophisticated enough to handle extensive portfolio management and perform complex analysis, yet simple enough for basic budgeters and checkbook managers. Among its features: loan analysis with up to three different payment and interest-rate changes, word processing, and appointment calendar.

Dollars and Sense (Monogram Software, Inc.). *IBM PC and compatibles, $179; Macintosh, $149; Apple, $119. Dollars and Sense* is a more serious, yet easy-to-use approach to bookkeeping and financial management. Funds are tracked with an automatic double-entry accounting system. Like *Managing Your Money,* the number of accounts and transactions is unlimited, and *Dollars and Sense* will report two years' worth of data. The program automates recurring transactions, and works with popular spreadsheets, data bases, and word processors. To interpret your own financial situation, all you do is ask "How?" or "Why?" to summon lists, charts, and graphs.

For less-expensive programs, consider: Money Counts (Parsons Technology) $29, Smart Money (Sierra) $79.95, and MoneyMate (Mindscape) $69.95.

SHOPPING TIPS

- Get a free demo disk from the publisher, or try the program at a store.
- Some programs rely on the manual. Others make use of on-screen help.
- Browse through the manual. Are items easy to find? Instructions clear?
- Call the program's support number to see how easily you get through.
- If you have a modem, try out some public-domain programs from local bulletin boards or other services.

—Long a home-computer buff, Michelle Howell compares notes with friends and her husband, an electronics engineer.



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BRIGHT BALL OF BLOOMS

You can transform a plain porch into a verdant garden with a hanging basket stuffed with colorful annuals. A wire basket lined with sphagnum moss is home to nierembergia, petunia, verbena, and snapdragon. For advice on how to plant a moss basket, turn to *page 132.*

HANGING GARDENS

No space for a full-fledged flower garden? Keep your chin up! The sky's the limit when you put walls, fences, gates, and overhangs to work. Look to the growing assortment of hanging baskets and pots to show off your favorite summer blooms.

BY JANE AUSTIN McKEON



Hanging baskets are within your reach, whether you garden in a compact city setting or on a sprawling country acreage. Their small proportions eliminate traditional chores like digging and weeding, and they bring down to size other jobs like watering and grooming. Best of all, hanging baskets create a big impact. They quickly become a colorful part of your home, a cheerful reflection of you.

MIX BULBS WITH ANNUALS

Add flowering bulbs to your list of favorite blossoms for hanging baskets. Bulbs like tuberous begonia, dwarf dahlia, montbretia, achimines, and caladium will perform all summer. Nonstop tuberous begonias are the crowning touch of a basket filled with sweet alyssum and impatiens.

PICK PRIMARY COLORS

Combine colors with an artist's eye when you arrange plants in a hanging basket. Settle on three or four basic colors for the most brilliant display. Annuals like nierembergia, marigold, lobelia, geranium, and petunia bloom in a palette of red, yellow, and blue.



PHOTOGRAPHS: MIKE JENSEN BASKET DESIGN: THOMPSON'S GREENHOUSE REGIONAL EDITOR: TRISH MAHARAM

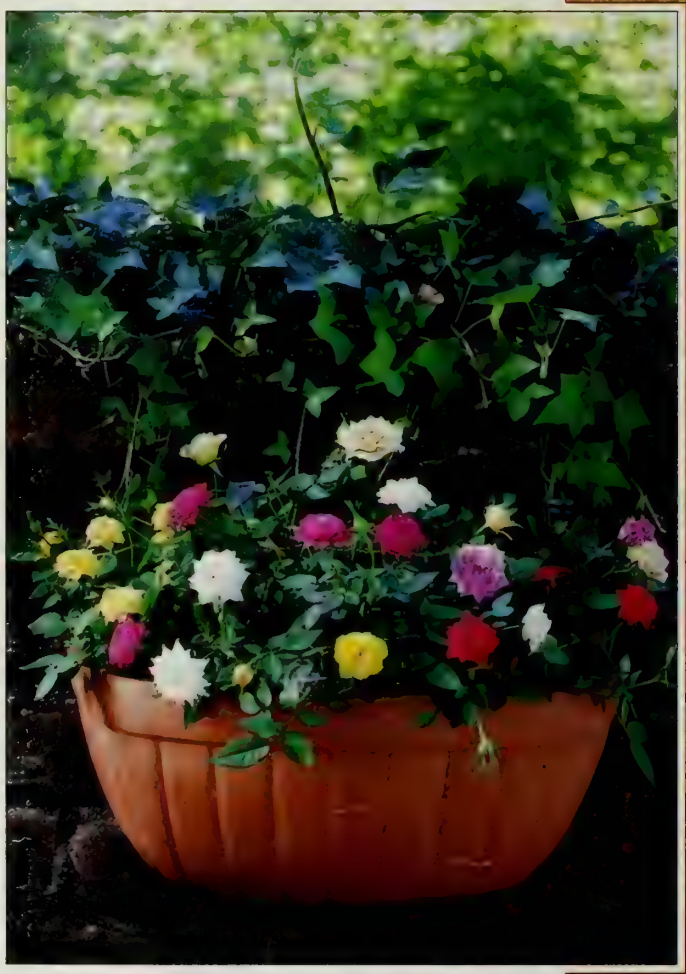


HANGING GARDENS

SELECT SHADE DWELLERS

A porch overhang sets a shady stage for flowers that flourish without sunshine. The cool pastels of browallia, alyssum, fibrous begonia, and lobelia create a soft, ethereal effect that soothes porch potatoes on even the hottest summer day.

HANGING GARDENS



BRIGHTEN A BRICK WALL

Walls are winning more supporting roles for dramatizing the beauty of hanging baskets and pots. A flowery focal point on a brick wall, this terra-cotta pot honors everyone's all-American favorite, miniature roses, in an assortment of cheerful colors.

Photograph: Ernest Braun
Basket design: Mary Black
Regional editor: Helen Heitkamp

DRESS UP A DOOR

Show the world that gracious living in your home begins at the front door. A white wicker basket filled with ageratum, verbena, lobelia, and pansy enhances the Victorian aura of this entry. White lace and patriotic red, white, and blue ribbons are elegant embellishments.

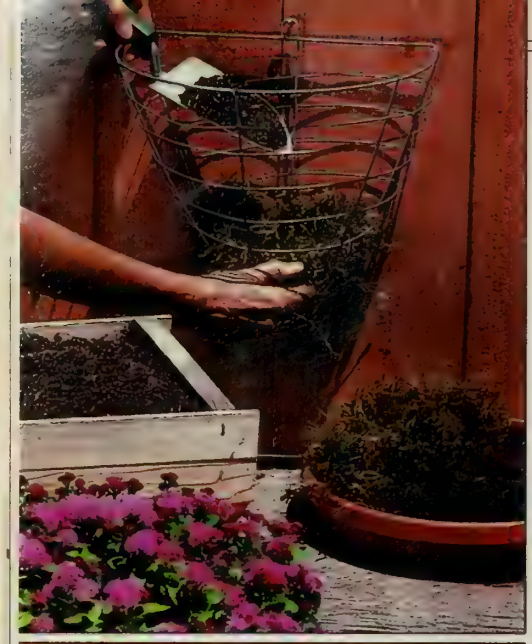
Photograph: Ernest Braun
Basket design: Mary Black
Regional editor: Helen Heitkamp

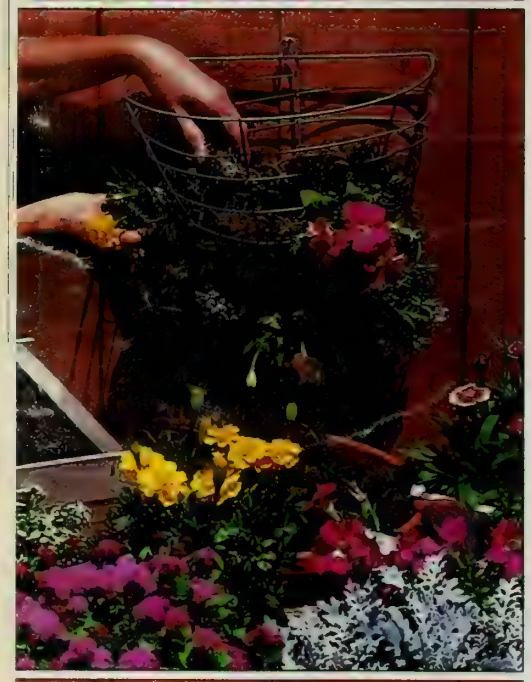




Some hanging gardens are designed to dangle, others are meant to be mounted. To try your creative hand at both kinds, select the proper planter for the place. Half-baskets and pots (featuring a flat back) are ideal for mounting on upright surfaces like doors and walls.

HANGING GARDENS







STEP 1

Mount the empty half-basket so it's upright and steady while you plant it. Soak long-fibered, Canadian sphagnum moss in water for several minutes. Squeeze excess water from the moss and press it into the inside of the basket up to the third rung. Fill the moss nest with potting soil.

STEP 2

Tuck plants through the wire rungs and moss so the roots are surrounded by soil in the center of the basket. Firm soil and water well. Add another layer of moss and soil, and tuck in more plants. Repeat this process, layer by layer, till you reach the top.

STEP 3

Build the moss nest just above the top of the basket so it conceals the wire rim. Top it off with more soil and plants. Surround top plants with sphagnum moss to help conserve soil moisture. Make sure that moss is holding in soil all around the basket and add more if needed.

Buying information, page 138.



A jazzy mix of annuals puts some swing into this redwood gate.

HOW TO DESIGN AND CARE FOR A HANGING GARDEN

- **Buy six-packs** of annuals for moss baskets. Their small root balls will fit easily through the wire rungs.
- **Pick plants** already in bloom if you want instant color. For a longer lasting show, go with small seedlings that will gradually fill out the container.
- **Select containers** that are at least 12 inches in diameter and 4 inches deep to maximize plant performance and minimize watering chores.
- **Apply a water sealant** to porous surfaces, such as wood, before you mount moss baskets. Insert plastic liners with drainage holes in woven baskets to keep soil and water in.
- **Mix all-purpose plant food** (at the rate recommended on the package) into potting soil before planting.
- **Place trailing flowers** near the bottom of moss baskets so they can cascade without concealing other plants. Reserve upright types for the top.
- **Water planters** daily during dry weather. A watering wand (a long spray nozzle extension that connects to any garden hose) will bring the tall task within easier reach.
- **Rotate containers** regularly (once a week is best) so all flowers get equal exposure to sunlight.
- **Groom flowers** to keep them showy all season. Deadhead fading blooms, and pinch back leggy plants.

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C. Lawn Tractor
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branches up to 3/8"
while reducing
tion. 8124

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B. Black & Decker
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Universal gear-driven motor for plenty of trimming power. Patented blade design cuts branches up to 3/8" thick while reducing vibration. 8134

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C. Black & Decker
9" Bump Feed Yard Trimmer
Trigger switch for quick start and stop. Easy to use. Bump Feed System automatically advances more line. 82209

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D. Black & Decker
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Heavy-duty 73-mm motor provides power for tough cutting jobs. Bump Feed System automatically advances more line. 82300

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B. Super K Gro 25-3-3 Weed & Feed
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C. Drop Spreader
20″ spreading width. 70-lb. capacity, non-corrosive hopper. FH-22

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D. Broadcast Spreader
4′ x 8′ spreading width. 50-lb. capacity, non-corrosive hopper. SB-50

The quality you need, the price you want.

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The Saving

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens® can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

SPICE OF LIFE

Pages 24–26: Herb plants, The Herbfarm, 32804 Issaquah-Fall City Road, Fall City, WA 98024. Nichols Herb and Rare Seeds, 1190 N. Pacific Highway, Albany, OR 97321. Taylor's Herb Gardens, Incorporated, 1535 Lone Oak Road, Vista, CA 92083.

FROM DOWDY TO DYNAMITE!

Page 51: Raspberry blanket box, Oriental vase, pink striped pillows, area rug, chair and sofa—Expressions Custom Furniture, 1721 28th Street, West Des Moines, IA 50265. **Wood giraffe**—Sarreid LTD, P.O. Box 3548, Wilson, NC 27895. **Round ceramic balls**—Wilson International, 4120 Main Street, Dallas, TX 75226. **Marble on fireplace**—Rowat Cut Stone and Marble Company, 110 SE. 7th Street, Des Moines, IA 50309. **Fireplace insert**—Superior Fireplace, 4325 Artesia Avenue, Fullerton, CA 92633. **Interior paint**—Diamond Vogel, Industrial Air Park, Orange City, IA 51041. **Carpet**—Stratton Industries, P.O. Box 107, Cartersville, GA 30120.

Pages 52–53: Exterior paint—Diamond Vogel (see address above). **Exterior wood column**—Moehl Millworks, 9943 Hickman Road, Des Moines, IA 50322. **Twig chair, club chair, sofa and floor lamp, raspberry blanket box, pink striped pillows and area rug**—Expressions Custom Furniture (see address above). **Wood giraffe**—Sarreid LTD (address above). **Marble ceramic balls**—Wilson International (see address above). **Carpet**—Stratton Industries (see address above). **Wood columns**—Moehl Millworks (see address above). **Chandelier in dining room**—Becker Manufacturing Comapny, P.O. Box 2277, City of Industry, CA 91741. **Interior paint**—Diamond Vogel (see address above). **Floor in dining room**, "Pattern Plus"—Hartco, Incorporated, 300 S. Main Street, Oneida, TN 37841. **Dining room table**—John Boos and Company, 315 S. First Street, Effingham, IL 62401. **Upholstered chairs in dining room**—Norwalk Furniture Company, Route 18 & 20 Bypass, Norwalk, OH 44857.

Pages 54–55: Sink—Elkay Manufacturing Company, 2222 Camden Court, Oak Brook, IL 60521. **Faucets**—Rapetti, George Blotcher Limited, Zero High Street, Plainville, MA 02762. **Black and white ceramic tile**—American Olean Tile Company, 1000 Cannon Avenue, Lansdale, PA 19446. **Floor**, "Pattern Plus"—Hartco, Incorporated (see address above). **Column**—Moehl Millworks (see address above). **Garbage disposal**—In-Sink-Erator Company, Division of Emerson Electric Company, 4700 21st Street, Racine, WI 53406. **Cabinets and hardware**—Crystal Cabinet Works, Incorporated, 1100 Crystal Drive, Princeton, MN 55371. **Countertop**—Formica Corporation, 155 Route 46 West CN-980, Wayne, NJ 07474-0980. **Cooktop range, oven, microwave and dishwasher**—Jenn-Air Corporation, Division of Maytag Corporation, 3035 Shadeland Avenue, Indianapolis, IN 46226. **Hanging lights**—Lightning Bug LTD, 1721 W. 170th Street, Hazel Crest, IL 60429. **Dhurrie area rug**—Expressions Custom Furniture (see address above). **Interior paint**—Diamond Vogel (see address above). **Floral covered bar stool**—Taylor Woodcraft Incorporated, P.O. Box 245, Malta, OH 43758. **Windows**—Caradco Corporation, P.O. Box 920, Rantoul, IL 61866. (***Top right***): **Cabinets and hardware**—Crystal Cabinet Works, Incorporated (see address above). **Dishes in cabinets**—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. **Upholstered chair**—Norwalk Furniture Company (see address above). **Floor**, "Pattern Plus"—Hartco, Incorporated (see address above). **Chandelier**—Becker Manufacturing Company (see address above). (***Bottom right***): **Cooktop range, oven and microwave**—Jenn-Air Corporation (see address above). **Floor**, "Pattern Plus"—Hartco, Incororated (see address above). **Cabinets and hardware**—Crystal Cabinet Works, Incorporated (see address above). **Column**—Moehl Millworks (see address above). **Wire shelving**—Clair-

continued on page 138



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continued from page 137

son International, 720 SW. 17th Street, Ocala, FL 32674. **Vinyl flooring**—Mannington Resilient Floors, P.O. Box 30, Salem, NJ 08079. **Washer and dryer**—Whirlpool Corporation, 2000 US 33 North, Benton Harbor, MI 49022.

Page 56: Modular furniture—Carter Contemporaries, P.O. Box 1869, Salisbury, NC 28144. **Wall covering**—Gear Holdings, Incorporated, 127 7th Avenue, New York, NY 10011. **Television**—Quasar Company, Matsushita Electric Corporation of America, 1325 Pratt Boulevard, Elk Grove Village, IL 60007. **Small floral covered stool**—Expressions (see address above).

ROUND THE KITCHEN TABLE

The New Dinette

Page 63: Maple table, chairs—Domestic Furniture, 7385 Beverly Boulevard, Los Angeles, CA 90036. **Wing chair**—The Clyde Pearson Company, P.O. Box 2838, High Point, NC 27261.

Page 65: Custom framing materials—Exposures, 9180 LeSaint Drive, Fairfield, OH 45014; 800-222-4947. **Wooden bench with cushions**—The Clyde Pearson Company (address above).

Page 66–67: Chairs—Drexel Heritage, Drexel, NC 28619, 800-447-4700. **Rug**—"Heirloom Stencil," Ca-

Page 70: Pie safe—Habersham Plantation, P.O Box 1209, Toccoa, GA 30577.

ROOM FRESHENERS

Page 95: Willow chair and table—Woodstock, F #3, Bloomfield, IA 52537. **Curtain, pillow, cushior fabric**—Covington Fabrics, 267 5th Avenue, Nev York, NY 10016.

Page 96–97: Sofa, love seat, ottoman—Bernhard Furniture, P. O. Box 740, Lenoir, NC 28645. **Rock er**—Shaker Workshops, P. O. Box 1028, Concord MA 01742. **Drapery hardware**—Kirsch, 309 N Prospect, P.O. Box 0370, Sturgis, MI 49091. **Mini**

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Custom Furniture (see address above). **Carpet**—Stratton Industries (see address above).

Page 58 (*top*): Wall covering and lavatory cover fabric—Gear Holdings, Incorporated (see address above). **Vinyl floor**—Mannington Resilient Floors (see address above). **(*Bottom left*): Window**—Caradco Corporation (see address above). **Cabinets and hardware**—Crystal Cabinet Works, Incorporated (see address above). **Ceramic tile**—American Olean Tile Company (see address above). **Countertop**—Formica Corporation (see address above). **(*Bottom right*): Exterior paint**—Diamond Vogel (see address above). **Column**—Moehl Millworks pel, Incorporated, 831 N. Main Street, Troy, NC 27371. **Greenhouse windows**—Four Seasons Solar Products Corporation, 5005 Veteran's Highway, Holbrook, NY 11741. **Fireplace**—"Zero Clearance," Majestic, 1000 E. Market Street, Huntington, IN 46750. **Slipcover fabric**—Laura Ashley, Incorporated, 714 Madison Avenue, New York, NY 10021. **Ceiling fan**—Hunter Fan Company, 2500 Frisco Avenue, Memphis, TN 38114.

Page 68–69: Metal chair and floral cushion—Crown Leisure/Woodard, P.O. Box 280, Owasso, MI 48867. **Fiesta plates**—Bloomingdale's by Mail, 800-777-0000.

blinds—Levolor Lorentzen, Incorporated, 1 Upp Pond Road, Parsippany, NJ 07054. **Pillow/curta fabric**—Covington Fabrics, 267 5th Avenue, Ne York, NY 10016.

Page 98: Chairs—Sears Roebuck and Compar Sears Tower, BSC40-16, Chicago, IL 60684. **La curtains**—Linen and Lace, 4 Lafayette, Washir ton, MO 63090. **Table lamp**—Target Stores, 33 S 6 Street, Minneapolis, MN 55440. **Rugs**—"Mart Dhurry" Import Specialists, 82 Wall Street, Ne York, NY 10005. **Drapery rings**—Kirsch (see a dress above). **Chair, curtain, lampshade fabric** Covington Fabrics (see address above).

ORNING GLORIES
rly-day delights for bed and breakfast
'age 103: Striped bed linens, "Mary Emmerling 'laid" Mary Emmerling Collection—available hrough JCPenney stores and catalogs. **Floral bed nens,** "English Ivy"—Fieldcrest Mills, Incorporat-d, 60 W. 40th Street, New York, NY 10018. **Pitcher,** Oiseau Bleu"—Gien France from Baccarat, 625 Madison Avenue, New York, NY 10022. **Teapot, up, saucer, eggcup,** "Blue Flower"—Royal Co-enhagen, 17 Holland Avenue, White Plains, NY 0603. **Coffee server,** "Sheraton Blue"—Lenox China, 100 Lenox Drive, Lawrenceville, NJ 08648. Emmerling Plaid" Mary Emmerling Collection—available through JCPenney stores and catalogs. **Floral bed linens,** "English Ivy"—Fieldcrest (see address above).

HANGING GARDENS
Pages 127–132: Baskets, Kinsman Garden Co., River Rd., Point Pleasant, PA 18950. Woodstock Wire Works, 4355 Fruitland Ave., Vernon, CA 90058.

A MORNING IN MAY
Page 155: Serving spoon, "Windows"—Sasaki, 41 Madison Avenue, New York, NY 10010.

PRIZE TESTED RECIPES®
Page 173–174 *(left)*: Matching flowered plate and tea cup, "Petite Fleur"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010.

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SPICE OF LIFE
Cultivating an Eden for Herbs
Pages 24-26: The Herbfarm, 32804 Issaquah-Fall City Road, Fall City, WA 98024.



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IDAHO

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oblet, "La Verrerie de"—Biot, 147 Palmer Avenue, Mamaroneck, NY 10543.
ages 104–105 (*top left*): Striped bed linens, Mary Emmerling Plaid" Mary Emmerling Collection—available through JCPenney stores and catalogs. **Floral bed linens,** "English Ivy"—Fieldcrest (see address above). **(*Bottom left*): Pitcher** "Oiseau Bleu"—Gien France from Baccarat (see address above). **Teapot, cup, saucer, eggcup** "Blue Flower"—Royal Copenhagen (address above). **Coffee server** "Sheraton Blue"—Lenox China (see address above). **Goblet,** "La Verrerie de"—Biot (see address above). **(*Right*): Striped bed linens,** "Mary Emmerling Plaid" Mary Emmerling Collection—available through JCPenney stores and catalogs. **Floral bed linens,** "English Ivy"—Fieldcrest (see address above).

Pages 156–157: Serving spoon, "Regalia"—Yamazaki Tableware, Incorporated, 150 North Street, Teterboro, NJ 07680. **White vegetable platter**—Younkers, Seventh and Walnut, Des Moines, IA 50397.
Page 158: Stemware, "The Tall Ones"—Libbey Glass, Incorporated, P.O. Box 919, Toledo, OH 43693.
Page 160: Bowl with turquoise trim—Crate & Barrel, P.O. Box 3057, 725 Landwehr Road, Northbrook, IL 60065-3057.
Page 161: Fork, "Windows"—Sasaki, 41 Madison Avenue, New York, NY 10010.

FROM DOWDY TO DYNAMITE!
Pages 51–58: Architect—Ann Patterson Martinez, City Design, 208 4th St., W. Des Moines, IA 50265.

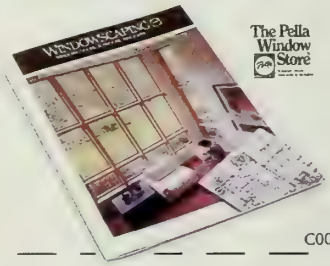
ROUND THE KITCHEN TABLE
Page 63–70: Interior Designer: Carol Siegmeister, Taylor-Siegmeister Associates, 1019 Cathedral Street, Baltimore, MD 20201.

HANGING GARDENS
Pages 127–132: Mary Black, Sloat Nursery, 279 Doherty Dr., Larkspur, CA 94939. Thompson's Greenhouse, 637 Hwy. 9, Sedro-Woolley, WA 98284.

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BLEACHED FLOORS

THE PROBLEMS, THE SOLUTIONS



JIM HEDRICH, HEDRICH-BLESSING

A light-toned hardwood floor will usually change color—generally to a light amber or grayish tone—with age.

Bleached and white- or pastel-stained hardwood floors are beautiful and here to stay. But they do involve some tradeoffs and extra care, according to the National Oak Flooring Association.

WHAT TO EXPECT

● **Cracks.** You're more likely to notice tiny cracks between the flooring boards or parquet units in bleached and white- or pastel-stained hardwood floors. Actually, these cracks occur in all hardwood flooring when it contracts in dry seasons or long periods of heat. The cracks should disappear when the flooring expands in higher humidity.

● **Bleaching effects.** Bleaching sometimes hinders adhesion of the surface finish (usually urethane material). Make sure your contractor uses a finish compatible to the bleach used.

● **Color problems.** Natural variations of wood grain and texture don't accept light stains uniformly and may interfere with the exact look you desire. Also, a light-colored finish will usually change to a light amber o grayish tone with age.

● **More expense.** Contractors gener ally charge considerably more for ligh finishes, because greater labor an time are required for the finish.

● **More maintenance.** Light-colore hardwood floors show wear and dir more readily than do dark floors. You may want to use runners or throw rug in high-traffic areas and floor mats a entrance doors.

WHAT TO DO

● **Call in an expert.** Have a profes sional install and finish your light-co ored hardwood floor after you see a jo he or she has done or a demo panel.

● **Be patient.** Don't rush your floo finisher. It may take as long as 10 day to achieve a good light-finished floor be cause of the extra drying time required

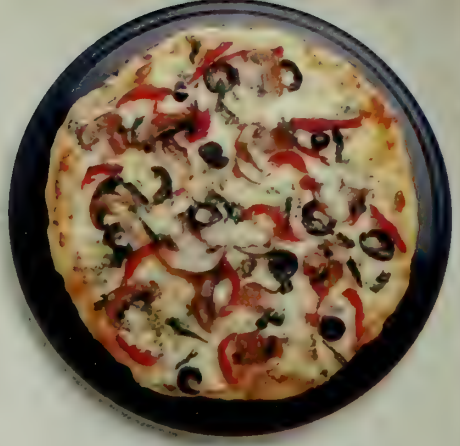
● **You can change it.** Even if yo bleach your floor, you can change th color later. A professional can sand th finish down to bare wood and apply new finish in your color choice.



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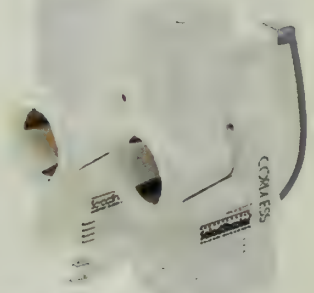
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WAKE UP TO WAFFLES

FIX AND FREEZE FOR FAST WEEKDAY BREAKFASTS

Lemon Poppy-Seed Waffles.



PHOTOGRAPHS: SCOTT LITTLE

LEMON POPPY-SEED WAFFLES

These stir-together waffles start with a mix for an easy fix-up—

2 slightly beaten eggs
2 cups packaged pancake mix
2 8-oz. cartons lemon yogurt
¼ cup cooking oil
2 Tbsp. poppy seed
Lemon yogurt
Finely shredded lemon peel

Lightly grease grids of a waffle baker; preheat. In a large mixing bowl combine the eggs, pancake mix, the 2 cartons y gurt, oil, and poppy seed. Stir just ti combined but still slightly lumpy.

Pour *1½ cups* batter evenly onto bo tom grid of hot waffle baker. Sprea slightly. Close lid quickly; do not ope during baking. Bake 4 to 5 minutes (according to manufacturer's direction When done, use a fork to lift waffle o grid. Repeat with remaining batte Serve immediately with addition lemon yogurt and sprinkle with lemo peel. Or, freeze as directed on ne page. Makes eight 4-inch waffles.

Nutrition information per waffle: *2 cal., 8 g pro., 37 g carbo., 11 g fat, 72 n chol., 548 mg sodium, 236 mg potas um, and 1 g dietary fiber. U.S. RD 21% riboflavin, 32% calcium.*

P&G 1989

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GINGERBREAD WAFFLES

Treat yourself to gingerbread for breakfast. Drizzle waffles with warm fruit spread or preserves for a tasty topper—

- **1 cup all-purpose flour**
- **¾ cup whole wheat flour *or* oat bran flour blend**
- **1 Tbsp. baking powder**
- **½ tsp. ground ginger**
- **¼ tsp. salt**
- **¼ tsp. ground cloves**
- **2 slightly beaten eggs**
- **1⅓ cups milk**
- **½ cup cooking oil**
- **⅓ cup molasses**

Freeze and Toast Instructions

- Using an 8-inch square waffle maker, cook waffles as directed; cool completely.
- Separate waffles into fourths. Wrap each waffle individually in freezer wrap. Store in the freezer for up to 2 months.
- To serve, unwrap as many waffles as needed. Place in toaster slots and toast till heated through. Serve immediately.

Lightly grease the grids of a waffle baker; preheat. Meanwhile, in a large bowl combine flours, baking powder, ginger, salt, and the cloves. In another bowl, with a whisk, beat together the eggs, milk, oil, and molasses; add to flour mixture all at once. Stir just till combined but still slightly lumpy.

Pour about *1½ cups* batter evenly onto bottom grid of hot waffle baker. Spread slightly. Close lid quickly; do not open during baking. Bake for 4 to 5 minutes or according to manufacturer's directions. When done, use a fork to lift the waffle off the grid. Repeat with remaining batter. Serve waffles immediately with warm fruit spread, preserves, or maple-flavored syrup. Or, freeze as directed at left. Makes 10 to twelve 4-inch waffles.



Gingerbread Waffles.

Nutrition information per waffle: *233 cal., 5 g pro., 25 g carbo., 13 g fat, 57 mg chol., 240 mg sodium, 229 mg potassium, 2 g dietary fiber. U.S. RDA: 11% thiamine, 18% calcium, 10% iron.* BH&G

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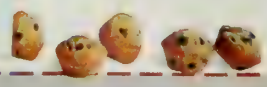
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GOOD FOOD/GOOD HEALTH

YOUR FAMILY NUTRITION GUIDE



THE VEGETARIAN CHOICE

Vegetarians of the '60s looked to alfalfa sprouts and wheat germ as diet staples. Today's vegetarians find so much more to choose from. A wider variety of legumes, grains, and vegetables offers more flexibility in meal planning and more tasty eating. That's good news for all of us who want to make a habit of eating more vegetables.

THE VALUE OF VEGETABLES

The National Academy of Sciences, the source of our Recommended Dietary Allowances (RDAs), handed down new nutrition guidelines in 1989.

The Academy's advice to Americans is simple: eat five servings of fruits or vegetables and six servings of grains, cereals, or breads every day. This is based on evidence that people who eat more of these foods are less likely to have chronic health problems: colon cancer, coronary heart disease, diabetes, high blood pressure, and obesity.

The Academy also recommends maintaining protein intake at moderate levels, keeping the amount of protein eaten from plant or animal sources near the recommended dietary allowance (around 50 grams for most women, 63 grams for most men).

KEYS TO SMART MEATLESS MEALS

● **Choose complementary proteins.** Plant proteins are not as high in quality as animal proteins and, for that reason, must be combined in a *complementary* fashion by all vegetarians, especially strict vegetarians. See the chart on *page 146* for suggestions on matching foods. You can eat the complementary partners anytime over the course of the day.

● **Keep high-fat alternatives to a minimum.** Adding cheese, eggs, or milk to a meatless dish is another way to boost protein quality, but these ingredients can elevate fat, cholesterol, and calories. Use these higher fat protein sources sparingly or choose low-fat alternatives.

● **Concentrate on hard-to-get nutrients.** Plant-based diets may fall short of some nutrients, such as iron, calcium, zinc, vitamin B_{12}, and vitmin D, so try to serve foods with these key nutrients.

BY MAUREEN CALLAHAN, M.S., R.D.

CHOOSE YOUR STYLE

Vegetarianism can mean abstaining from all animal products, but may also mean just cutting back on meat. No matter which approach you take, your family wins by eating more fruits and vegetables.

● **The moderate vegetarian:** Introduce your family to meatless eating by serving a vegetarian meal once a week. At first, prepare recipes that include familiar foods, such as pasta and nuts. The recipe on *page 146* is a good start.

● **The semivegetarian:** You might want to try vegetarianism, yet still give your family the nutritional benefits of eating poultry, fish, eggs, and dairy products. This diet will provide the necessary nutrients, as long as you strive for variety, moderation, and balance.

● **The strict vegetarian:** If you decide to eliminate all animal products, plan meals carefully to ensure a nutritional balance. The cornerstones of a healthful vegetarian diet, vegetables and grains, are both low in fat and rich in vitamins and minerals, but you must match them correctly to get the protein you need. This diet may not provide all the nutrients needed for growth, so is not recommended for children.

continued on page 146



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continued from page 145



PESTO PRIMAVERA

Almonds, linguine, and Parmesan boost the protein in this meatless main dish—

1 cup water
2 tsp. cornstarch
2 tsp. instant vegetable bouillon granules *or* 2 vegetable bouillon cubes, slightly crushed
1 Tbsp. olive oil
2 cloves garlic, minced
8 oz. fresh asparagus, cut into 1-inch pieces
2 medium carrots, very thinly bias-sliced (1 cup)
1 medium onion, chopped (½ cup)
1 6-oz. pkg. frozen pea pods, thawed and halved
⅔ cup sliced almonds *or* chopped cashews
¼ cup snipped fresh parsley *or* 1 Tbsp. dried parsley flakes
2 Tbsp. snipped fresh basil *or* 1½ tsp. dried basil, crushed
¼ tsp. pepper
6 oz. linguine *or* other pasta, cooked (2½ cups)
⅓ cup grated Parmesan cheese

In a small bowl, stir together water, cornstarch, and bouillon granules; set aside. Preheat a wok or large skillet over medium-high heat; add oil. Stir-fry garlic for 15 seconds. Add asparagus and carrots; stir-fry for 2 minutes. Add onion; stir-fry for 2 minutes more. Add pea pods, nuts, parsley, basil, and pepper. Stir-fry about 1 minute more or till vegetables are crisp-tender. Remove vegetable mixture from wok.

Stir cornstarch mixture; add to wok. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Return vegetable mixture to wok; toss to coat. Heat through. Spoon vegetable mixture atop pasta. Top with Parmesan cheese. Makes 4 servings.

Nutrition information per serving: *378 cal., 16 g pro., 50 g carbo., 15 g fat, 5 mg chol., 596 mg sodium, 569 mg potassium, and 6 g dietary fiber. U.S. RDA: 138% vit. A, 62% vit. C, 18% thiamine, 24% riboflavin, 10% niacin, 26% calcium, 22% iron.*

MIXING AND MATCHING FOR COMPLETE PROTEIN

Certain combinations of plant proteins can mimic the high-quality proteins that are found in meat. Some of these complementary combinations are listed below. Just combine any legume with any grain, nut, or seed.

Legumes	Grains	Nuts or Seeds
lentils	rice	cashews
dried beans	wheat	pecans
split peas	corn	sunflower seeds
tofu	barley	sesame seeds
peanuts	oats	almonds

Note: Combining any one of these with eggs or milk products will also make a high-quality protein.

BONING UP ON CALCIUM

KNOW WHAT FOODS GIVE YOU MORE

We know calcium-rich foods help build strong bones and teeth. Some studies also show that the mineral calcium may play a role in preventing hypertension (high blood pressure) and colon cancer. Dairy products are the most recognized sources of calcium. Many other foods provide calcium, too, although often in lesser amounts.

DAILY CALCIUM NEEDS

Infants	400 to 500 milligrams
Men, women, and children (over age 1)	800 milligrams
Teenagers, pregnant and lactating women	1,200 milligrams

SOURCES OF DIETARY CALCIUM

DAIRY PRODUCTS

American cheese (1 ounce)	174 mg
Buttermilk (1 cup)	285 mg
Cheddar cheese (1 ounce)	204 mg
Chocolate milk, low fat (1 cup)	284 mg
Cottage cheese, creamed (1 cup)	135 mg
Cow's milk, skim (1 cup)	302 mg
Cow's milk, whole (1 cup)	291 mg
Goat's milk, whole (1 cup)	315 mg
Ice cream (1 cup)	176 mg
Process cheese spread (1 ounce)	159 mg
Swiss cheese (1 ounce)	272 mg
Yogurt, fruit; low fat (8 ounces)	345 mg

LEGUMES AND TOFU

Lima beans, frozen, cooked (1 cup)	50 mg
Kidney beans, canned (1 cup)	74 mg
Tofu (4 ounces)	145 mg

FRESH FRUITS AND VEGETABLES

Broccoli, cooked (1 cup)	177 mg
Collard greens, cooked (1 cup)	148 mg
Kale, cooked (1 cup)	94 mg
Rhubarb, cooked (1 cup)	348 mg
Spinach, cooked (1 cup)	245 mg
Turnip greens, cooked (1 cup)	197 mg

FISH AND SEAFOOD

Oysters, raw (1 cup)	226 mg
Salmon, pink canned with bones (3 ounces)	167 mg
Sardines, with bones (3 ounces)	371 mg

SOURCES: USDA Agriculture Handbook Number 456; USDA Home and Garden Bulletin Number 72; U.S. RDAs, 10th edition.

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Pepperidge Farm® Cookies have always been made without artificial flavors or preservatives. And now, they're made without tropical oils. Just wholesome ingredients lovingly baked into all 50 delicious varieties. So if you've been worried about tropical oils in the cookie jar, forget it. Because Pepperidge Farm remembers.



PEPPERIDGE FARM®



For our free booklet, "It's Okay to Eat Cookies," see Information Guide page **76.**

GREAT CRAWFISH!

HOW TO COOK AND ENJOY THIS LOUISIANA FAVORITE

BY PEGGY RUPERT

Crawfish or crawdads—no matter what you call them, they're all the same critter! Prepare and enjoy these sweet Cajun delicacies by following this simple recipe, which crosses Cajun and Creole cuisines.

CRAWFISH CREOLE

Allow 1 pound of live crawfish per serving—

- **4 to 6 lb. live crawfish *or* 1 lb. frozen, peeled, and cooked crawfish tails**
- **1 cup chopped onion**
- **½ cup chopped green pepper**
- **½ cup chopped celery**
- **4 cloves garlic, minced**
- **¼ cup margarine *or* butter**
- **1 16-oz. can tomatoes, cut up**
- **2 Tbsp. snipped parsley**
- **½ tsp. paprika**
- **¼ to ½ tsp. ground red pepper**
- **1 bay leaf**
- **Hot cooked rice**

If using live crawfish, prepare as directed at *right*. If using frozen crawfish tails, thaw and drain. In skillet cook onion, green pepper, celery, and garlic in hot margarine or butter about 3 minutes or till tender. Add the *undrained* tomatoes, parsley, paprika, red pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or till mixture is of the consistency of tomato sauce.

Add crawfish meat. Cook and stir till heated through. Remove bay leaf. Serve over hot cooked rice. Makes 4 to 6 servings.

Nutrition information per serving: *346 cal., 21 g pro., 37 g carbo., 13 g fat, 75 mg chol., 574 mg sodium, 665 mg potassium, 4 g dietary fiber. U.S. RDA: 32% vit. A, 57% vit. C, 15% thiamine, 21% niacin, 16% calcium, 22% iron.*



PHOTOGRAPHS: SCOTT LITTLE

Introduce your family to crawfish with Crawfish Creole.

CRAWFISH BUYING TIPS

- **You can buy whole crawfish live,** cooked in the shell, or cooked and frozen in the shell. These three forms are available mostly in Louisiana because crawfish are a Cajun specialty. However, availability during crawfish harvest season (March through June) is increasing in fish markets throughout the U.S. As an alternative, look for frozen, peeled crawfish tails, which are more widely available.
- **You can also mail-order** live crawfish, preboiled and seasoned crawfish, or crawfish tails. Prices vary with availability. For information on ordering, write or call the Louisiana Crawfish Farmers Association, P.O. Box 9656, New Iberia, LA 70562-9656. Or, call 318-367-5861.
- **When buying** cooked crawfish, make sure they have curled tails. This means they were alive till cooked.
- **Store live crawfish,** in the box in which they come, in your refrigerator and prepare within one day of purchase.

COOKING LIVE CRAWFISH

Soaking the crawfish in salted water before cooking reduces the size of the black vein that runs down the back of the tail—

Rinse the crawfish under cold running water. In a 12- to 16-quart kettle combine 2 gallons *cold water* and ⅓ cup *salt;* add the crawfish. Let stand to soak for 15 minutes. Use a slotted spoon to transfer the crawfish to a large colander; rinse the crawfish well and drain. Discard the salt water.

In the same kettle bring another 2 gallons *cold water* and 2 teaspoons *salt* to boiling. Add the crawfish (see photo A). Return to boiling, then reduce the heat. Simmer, uncovered, about 5 minutes or till the crawfish shells turn from gray to bright reddish orange. Drain and cool.

Gently twist the crawfish tail from body (see photo B). Unwrap 2 to 3 sections of the tail shell, then pinch the end of the tail while pulling out meat (see photo C). Remove and discard the black vein from the tail. Cover and chill the tail meat up to 2 to 3 days; discard the body and remaining tail shell.



A: COOK
Add crawfish to boiling water.



B: REMOVE TAIL
Twist the tail from the crawfish body.



C: PULL OUT MEAT
Pinch the tail end to pull out the meat.



Fireflies at twilight. And dishes that make people's faces light up.

Everyone feels a special glow hen people are gathered together feast on good home cooking.

And it will be a feast when ou serve these savory summer ishes made with Hidden Valley anch® Salad Dressing Mix. The ubtle blend of herbs and spices akes these recipes unusually elicious. And unforgettably special.





Savory roll-up appetizers, southwestern style.



Golden chicken with a touch of tropical pineapple.



Cheese-filled pasta tossed with ham, peas and Swiss cheese.



A delicious new twist on crescent rolls.

Just turn the page to get your recipe cards for each great-tasting idea from Hidden Valley Ranch.



HIDDEN VALLEY RANCH PARTY PINWHEELS

2 (8 oz.) pkg. cream cheese, softened
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
2 green onions, minced
4 (12-inch) flour tortillas
½ cup diced red pepper
½ cup diced celery
1 can sliced black olives, drained

Mix first 3 ingredients. Spread on tortillas. Sprinkle on remaining ingredients. Then, roll and wrap tightly. Chill 2 hours. Cut off roll ends. Cut rolls into 1-inch slices. Makes 3 dozen.



HIDDEN VALLEY RANCH CHICKEN BREASTS

2½ cups pineapple juice
2 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
4 chicken breast halves (1 lb.)
2 teaspoons cornstarch
2 tablespoons water

Whisk juice and dressing mix together. Marinate breasts in ½ juice mixture for 2-24 hours. Bake at 350°F for 45-50 minutes. Combine cornstarch, water and remaining juice mixture in saucepan. Heat to thicken. Brush chicken with sauce. Serves 4.



HIDDEN VALLEY RANCH TORTELLINI SALAD

9 ounces cheese tortellini, cooked and cooled
1 cup julienned ham
¾ cup frozen baby peas, thawed
½ cup Swiss cheese cubes
2 tablespoons minced green onions
1 tablespoon minced parsley
2 cups prepared Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing

Toss all ingredients together in a bowl. Chill until ready to serve. Serves 4-6.



HIDDEN VALLEY RANCH CRESCENT ROLLS

1 tube (8 oz.) refrigerated crescent roll dough
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
1 egg yolk
1 teaspoon water

Separate dough. Cut in half lengthwise to make 16 crescents. Beat yolk with water. Brush on dough. Sprinkle with dressing mix. Roll up in crescent shape. Brush with egg mixture. Bake on greased cookie sheet in preheated 375°F oven for 11-13 minutes, or until brown. Makes 16.



The recipe for a perfect summer evening.

Gather family and friends around a savory, home-cooked meal. And be sure to include these easy-to-make, easy-to-love dishes using Hidden Valley Ranch® Salad Dressing Mix.

You'll enjoy the flavor of these summer dishes when the sun goes down and the fireflies come out. Or anytime at all.



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THE VEGETABLE TEAM: GETTING YOUR KIDS TO JOIN

Feel like you're losing the eat-your-vegetable battle with your family? It could be time to change your game plan. With a little patience and some new ideas, you may be able to soften some of those mealtime hang-ups.

Why Vegetables Lose

Many kids snub their noses at vegetables, but for different reasons. Their preferences are highly individualized—it would be hard to find two children who like and dislike the same foods. They may be biased by past experience, the reactions of others, or simply by their own ideas. The texture, color, or flavor may turn them off. (Some vegetables can have a bitterness that children notice more than adults.) Other times, they may not want to risk trying something new.

Even if you're losing ground, keep trying. Kids need a variety of foods, including vegetables and fruits, to provide a balance of nutrients for normal growth and to fuel their busy bodies. Vegetables are a good source of vitamins and minerals and can play a major role in that balance.

Vegetables Score on Nutrition

Eating vegetables is so important that the National Academy of Science recently said we should be eating more of them. This government agency, that also determines our Recommended Dietary Allowances (RDA), now suggests we eat five or more servings of vegetables or fruits every day, especially green and yellow vegetables and citrus fruits.

That's why you need to encourage your children to eat their vegetables. Try involving them in vegetable decisions. Work a few vegetables into some of their favorite foods. Most important of all, prepare veggies the way kids like 'em: crisp-tender, colorful, and tasty.

Letting Kids Pitch In

A helper in the kitchen may mean a convert at the table, even when it comes to vegetables. Here are a few ways to enlist help.



- When planning meals, let your children choose the vegetable dish. Build the rest of the meal around their suggestions, making sure you offer variety.
- Make a grocery shopping expedition together. In addition to buying their favorites, ask your kids to pick a vegetable they haven't tried.
- If you're a gardener, help your children plant their own vegetable garden. Or, offer them some incentive to help harvest your crop.
- Look for ways kids can help in the kitchen. It doesn't take very big fingers to sort peas or trim beans. You may find them enthusiastic vegetable washers, since kids love to play with water. And, with the microwave oven, older kids can safely cook vegetables too.
- Let your children serve themselves the amount they want. Insist that they try a little of everything and be firm, but reasonable.
- At mealtime, be relaxed and positive. You may find your helpers are willing to give vegetables a chance. Who knows? They may even ask for more.

Make Eating Vegetables a Pleasure

While meals aren't playtime, they can be fun. In some very simple ways, you can make mealtime and vegetable eating something to look forward to.

- Give children a cheerful placemat and utensils for their private set.
- Give older children chopsticks. They may have so much fun trying to pick up their vegetables, they'll feel like winners when they finally pop a piece into their mouths.
- Set up a sticker chart for each day of the week, with five spaces for each day. For each vegetable or fruit serving your child eats, put a sticker on the chart. The goal is a full chart and your praise and encouragement.

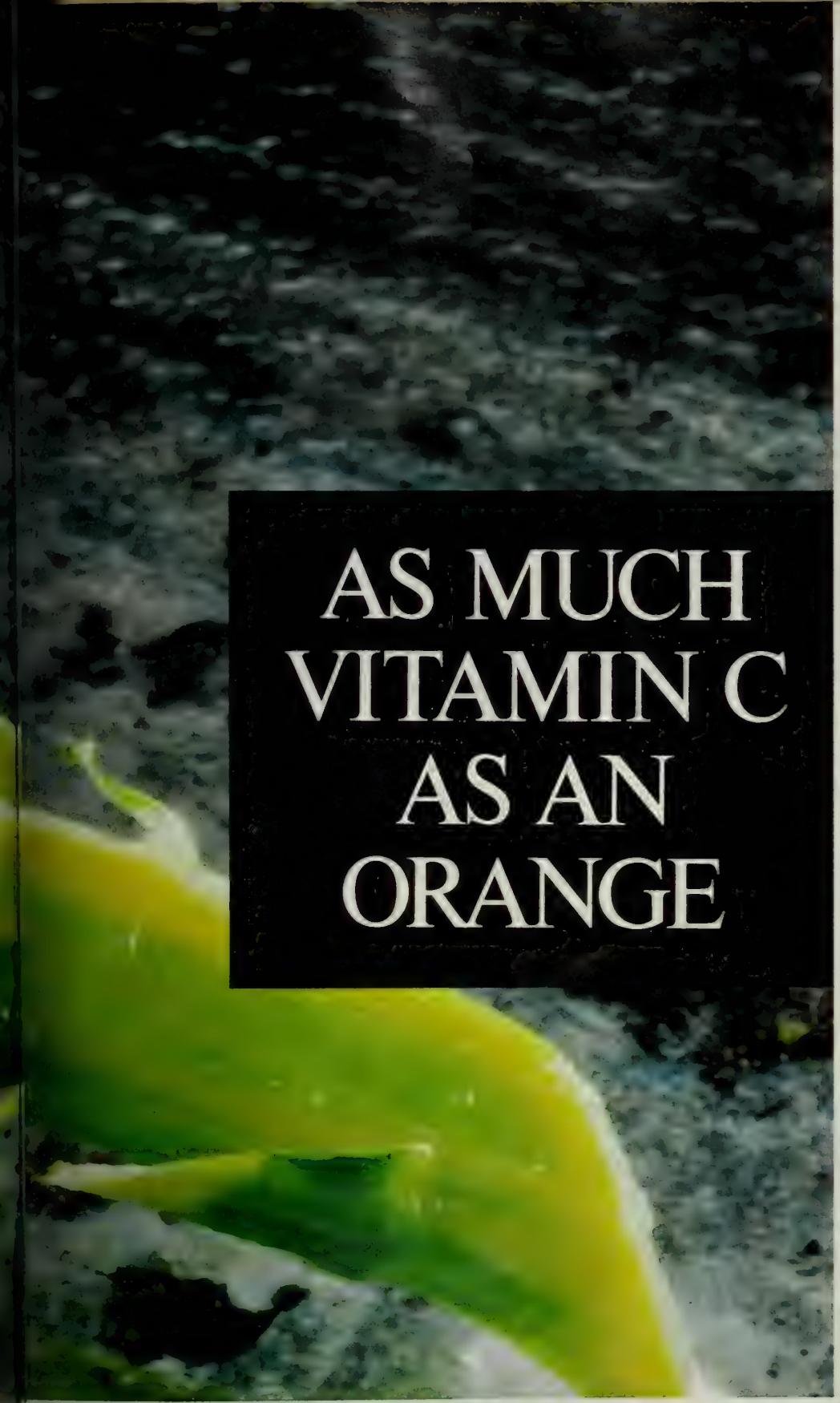
Surprising Vegetable Ideas

These ideas will keep your family guessing where vegetables are going to show up next. Whether or not you share your secrets is up to you.

Pizza: Top with chopped green pepper, broccoli, zucchini, or spinach.
Spaghetti: Stir some frozen vegetables into the tomato sauce.
Hamburger: Stuff patties with cooked shredded carrot, parsnip, or spinach.
Meat loaf: Mix in chopped carrots, turnip, parsnips, rutabaga, or spinach.
Macaroni and cheese: Add some frozen vegetables to the cheese sauce.
Pita pockets: Top the filling with chopped cucumber, sprouts, or cauliflowerets.
Quick breads: Look for recipes that use corn, or shredded zucchini or carrot.
Pancakes: Stir mashed pumpkin or sweet potato into the batter.
Soups: Add frozen or cut-up vegetables to your favorite cream soup.
Hot Dippers: Serve a lemony dip with cool-enough-to-pick-up artichokes, asparagus or broccoli spears, string beans, cauliflower, or pea pods.
Carrot chips: Thinly bias-slice carrots with a vegetable peeler. Drop the chips into ice water to crisp for dipping.
Cold dippers: Serve a plate of raw vegetables—carrot, zucchini, broccoli, or kohlrabi—with a favorite chip dip. ■

THIS MESSAGE BROUGHT TO YOU BY BIRDS EYE


BIRDS



AS MUCH VITAMIN C AS AN ORANGE

NUTRITION

Bet Mom never told you that. Who'd have guessed that one 4-ounce serving of Birds Eye Broccoli has as much vitamin C as an orange.

Birds Eye Broccoli is broccoli at its best. It's picked at its peak. Then flash frozen to help preserve the nutrients.

TASTE

The bright green color gives it away. Even before you taste it, you know every stem, every floret of Birds Eye Broccoli will taste crisp and delicious.

SERVING

Broccoli and Cheese Omelette. Fold cooked Birds Eye Broccoli and grated cheese into an omelette.

BIRDS EYE

Broccoli Spears



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DS ORE OF WHAT YOU EAT VEGETABLES FOR.





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A SPRINGTIME BRUNCH

A Morning in May

"We're making brunch Sunday and would love to have you join us. We'll start cooking about 10:00 and plan to eat about 11:30. Be sure to bring the kids."





The invitation comes by phone. Brunch at Mary Kay and Scott Phillips' means much more than the always-delicious food. Catching up on family news, chatting with friends, relaxing in the sun, and watching children play—everyone shares in the fun that makes this springtime morning memorable.

Because Mary Kay and Scott both work, they simply don't have time for formal entertaining. For them, a relaxed brunch for family and friends is much easier. To keep things manageable, Mary Kay relies on a menu she feels comfortable with, and that includes some make-ahead dishes, a quick-fix coffee cake, and platters of fresh fruits and vegetables. She also gets everyone involved in the cooking, leaving plenty of time for her and the guests to relax, play, and enjoy



BY LISA HOLDERNESS

Recipes begin on 164



Mary Kay decorates her brunch table with a piled-high bowl of berries and toppings for Fresh Berry Sundaes. The Pecan Streusel Coffee Cake looks just as tempting. This elegant cake starts with a mix and can be made ahead. For the complete brunch menu plus a guide to make-ahead recipes, see *page 164.*



A Morning in May

With kisses and hugs, Thomas, 11, and Christine, 8, join Mary Kay in welcoming their grandparents, Carl and Dolores D'Aquila. When the D'Aquilas are in town, they love to come early and help out.

"I learned from my mother to keep entertaining simple. And if you make it fun, everyone will love to come over."



"Successful party decorations needn't be complicated, fussy, or expensive," Mary Kay says. "A casual look helps everyone feel at home so they can kick back and relax."

As an interior designer, Mary Kay has a knack for creating beautiful table settings with items she's collected over the years for her home.

In the morning hours on brunch day, Mary Kay gathers her prized quilts, assorted colorful sheets, and baskets of every shape from around the house. It's not unusual to find a quilt and a striped sheet teamed as a tablecloth. And a pitcher, overflowing with fresh garden flowers, complements the fabrics' soft spring colors and simple designs.

The Party Vegetable Platter, with assorted fresh vegetables and a creamy mustard dressing, is a brunch tradition at the Phillips house.

A Morning in May

When Minnesota weather allows, the Phillipses' backyard serves as center stage for the brunch activities. Spring flowers, budding trees, and singing birds set up an inviting backdrop for the festive brunch table.

The buffet-style meal lets guests help themselves, choosing what and how much they want to eat. After eating, high-spirited yard games, coffee, and conversation follow.



With so many delicious choices, plates fill up fast. Everyone looks forward to Mary Kay's ham- and pineapple-topped chicken and her scrambled-egg casserole.



Thomas and Christine share a moment with their grandparents, LaVerne and Bill Phillips, while filling their plates with favorite foods.

A Morning in May



The kids cook up the pancakes assembly-line style. As Kristine Phillips makes the cakes, Eric Gustafson, a family friend, ladles syrup atop.

"What an idyllic way to spend the last day of the weekend—outdoors, with loved ones and great food."

The kids take over at dessert time (with a little help from Mary Kay, of course). Lafayette Pancakes, a light yet sweet finale of minicakes topped with fresh berries and syrup, are easy enough for amateur chefs to make. When the young cooks convene, they take dessert-making seriously. Each has a special job as they work together, clanging dishes and talking.

The adults, wary of how the pancakes would turn out, enjoy the freshly made results. And the youngsters, forgetting how much they have already eaten, eagerly dig into their fruit-topped, mini dessert cakes.



Brunch wears down with Lafayette Pancakes drizzled with syrup. These silver-dollar-size dessert cakes can be made ahead if needed and warmed up before serving. Mary Kay sprinkles them with a handful of berries for extra flavor and color.

continued from page 161

A Morning in May



MENU

Serve these recipes together as a menu or pick and choose just a few for a more intimate brunch—

Party Vegetable Platter

Chicken Hawaiian

Cheese and Mushroom Brunch Eggs

Pecan Streusel Coffee Cake

Fresh Berry Sundaes

Lafayette Pancakes

Champagne with Orange juice

Orange juice and milk

Coffee and tea

Recipes begin on page 164



Mary Kay, her mother, and husband, Scott, make cooking part of the fun.

Making Brunch Manageable

To keep entertaining lighthearted and hassle free, Mary Kay follows a brunch plan that allows her to get the grocery shopping done early and to spread the menu preparation time throughout the week.

For a head start on this spring-fresh brunch menu, follow these easy make-ahead steps.

Several days ahead

- Precook the chicken and the pineapple sauce up to two days in advance for the Chicken Hawaiian. Cover and chill.
- Bake the Pecan Streusel Coffee Cake several days ahead; cover the pan with freezer wrap or foil and freeze.
- For the Cheese and Mushroom Brunch Eggs, make the cheese sauce up to a week before needed. Cool sauce thoroughly, cover, and chill.
- Stir together the mustard dressing for the Party Vegetable Platter up to a week before brunch. Cover and chill.

The day before

- Finish up brunch eggs, using made-ahead sauce. Instead of baking, cover with plastic wrap and chill.
- For the Party Vegetable Platter, clean cut up, and steam vegetables and arrang on the platter. Cover and chill. Wait t drizzle on the dressing till just befor serving time.
- If desired, you can make the Lafayett Pancakes ahead. Wrap them in foil an chill till needed.

On brunch morning

- Thaw and warm coffee cake first. Cove and keep warm.
- Top chicken with ham, reheat in ove and pour on sauc



Laverne Phillips gives Mary Kay a hand with her brunch eggs.

- Bake brunch eggs alongside chicken.
- Dish up the toppings for berries.
- If pancakes were made ahead, warm oven to serve. Heat syrup through imm diately before serving.
- Drizzle the Party Vegetable Platt with the mustard dressing.

If you have a



and like the taste of fresh



but you don't have a lot of



you can make delicious strawberry jam.





SURE·JELL® Easy Homemade Strawberry Jam Recipe

Fruit Pectin

2 cups mashed strawberries (about 1 qt.)*
1 pkg. SURE·JELL® Fruit Pectin
4 cups sugar
¾ cup water

1. *STIR strawberries and sugar together, mixing thoroughly. Set aside.*
2. *STIR SURE·JELL® and water in saucepan. Bring to a boil, stirring constantly. Boil 1 minute.*
3. *STIR mixture together until sugar is completely dissolved and no longer grainy. Pour into containers. Cover. Let stand overnight. Store in freezer until opened. Then store in refrigerator. Makes 4 (8 oz.) jars.*



Important: *Measure sugar exactly and do not reduce amount or jam will not set properly.* ****Helpful Hint:*** *A potato masher works best.*

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GENERAL FOODS USA

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

- With each recipe we give important nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.
- Also, you can check the vitamin and the mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)
- When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

- We omit optional ingredients from the nutrition analysis.
- When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed.

BETTER HOMES AND GARDENS® TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

- Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (in general, moderately active males and teenagers need more calories):

- **Calories—2,000**
- **Protein—50 grams**
- **Fat—no more than 67 grams**
- **Cholesterol—no more than 300 milligrams**
- **Sodium—500 to 3,000 milligrams**
- **Fiber—20 to 30 grams**

- Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)





A MORNING IN MAY RECIPES

(Pictured on pages 155-162.)

HAWAIIAN CHICKEN

To make this chicken and ham casserole up to two days in advance, follow the make-ahead instructions on page 166—

12 4-oz. skinned, boned chicken breast halves
¼ cup all-purpose flour
½ tsp. salt
¼ cup margarine *or* butter
1 20-oz. can pineapple tidbits (juice pack)
½ cup dry sherry
2 cups sliced celery
1½ cups sliced onions
2 Tbsp. all-purpose flour
2 cups fully cooked ham cut into thin strips

● **Rinse chicken;** pat dry. Stir together the ¼ cup flour and salt. Roll chicken pieces in flour mixture to coat.

● **In a 12-inch skillet cook** the chicken, *half* at a time, in hot margarine or butter till chicken is brown, turning once. Transfer chicken to a 13x9x2-inch baking dish, reserving drippings in skillet. Bake, uncovered, in a 350° oven for 25 minutes.

● **Meanwhile, for sauce,** drain pineapple, reserving juice. Add sherry to drippings in skillet. Cook and stir over

continued on page 166

MAY RECIPE INDEX

A MORNING IN MAY RECIPES
Cheese and Mushroom Brunch Eggs 168
Fresh Berry Sundaes 168
Hawaiian Chicken..... 165
Lafayette Pancakes 170
Party Vegetable Platter..... 166
Pecan-Streusel Coffee Cake 170

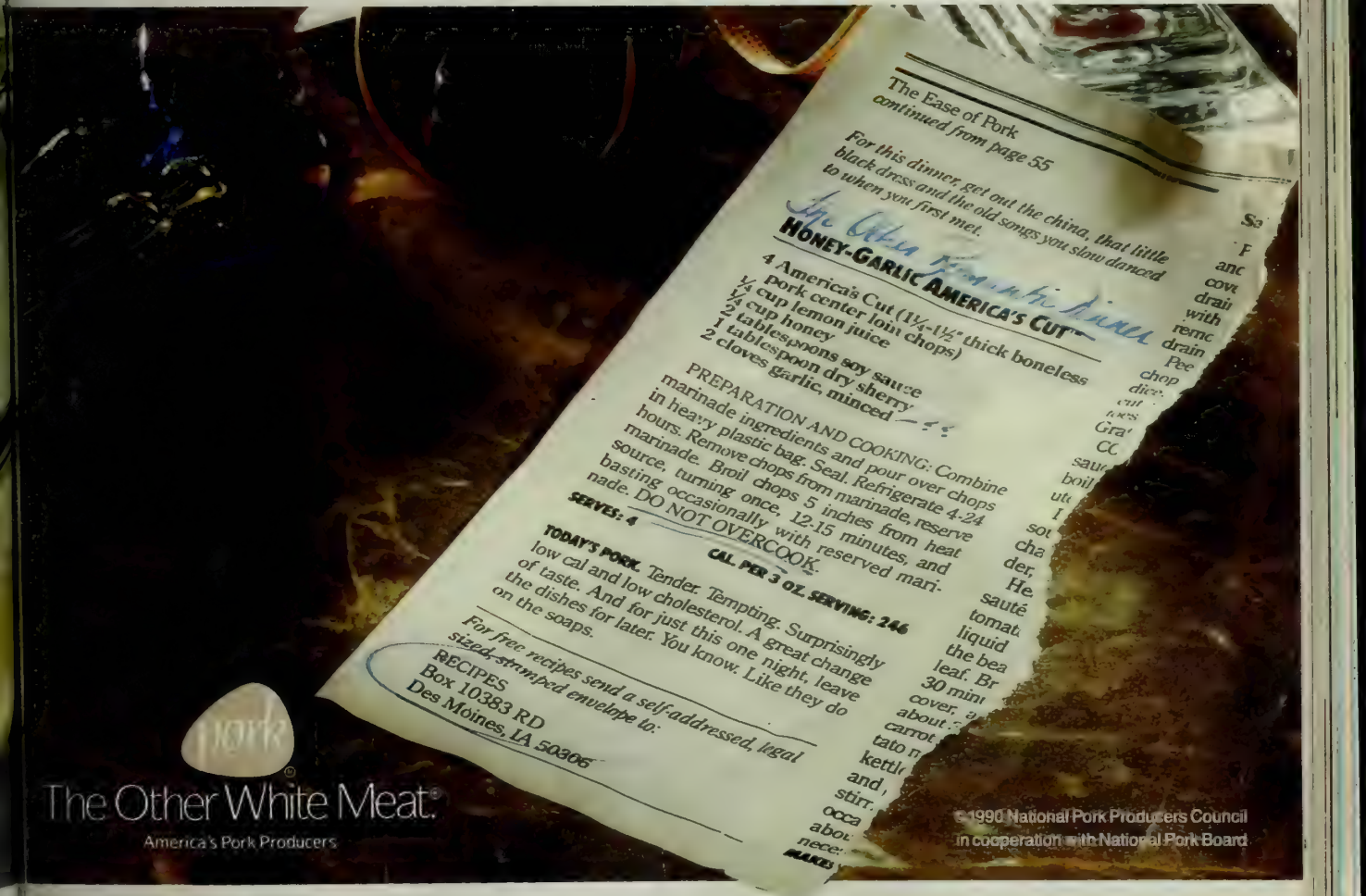
PRIZE TESTED RECIPES®
Fruity Daiquiri Punch..... 174
Good-For-You Muffins..... 174
Pear Zucchini Bread 173
Pineapple-Yogurt Whirl 173

GREAT CRAWFISH!
Crawfish Creole 148

FAST-TO-FIX FAMILY FAVORITES
Berry Brownies 176
Simple Salad Pitas 176

GOOD FOOD/GOOD HEALTH
Pesto Primavera..... 145

WAKE UP TO WAFFLES
Gingerbread Waffles 143
Lemon Poppy-Seed Waffles 142





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continued from page 165

medium heat, stirring to scrape u browned bits. Add pineapple tidbit celery, and onions. Bring to boiling. R duce heat; simmer, uncovered, about minutes or till celery starts to soften.

- **Combine** reserved pineapple jui and the 2 tablespoons flour; stir in the sauce mixture in the skillet. Co and stir till thickened and bubbly. R move from heat.
- **Spoon off any juices** from chick in the baking dish. Sprinkle ham ov chicken. Pour sauce over all. Bake, u covered, about 10 minutes more or t chicken is tender and no longer pin Makes 12 servings.

Make-ahead directions: Prepa chicken as directed, *except* bake, unco ered, (without sauce) for 35 minutes (i stead of 25 minutes) or till tender an no longer pink. Cool slightly. Drai Cover and chill up to 2 days.

Prepare sauce as directed, *except not* pour over chicken. Cool slight Transfer to a storage container; cov and chill up to 2 days.

To reheat, sprinkle ham over t chilled chicken and bake, covered wi foil, in a 350° oven about 40 minutes till heated through. Meanwhile, in medium saucepan cook and stir t sauce over medium heat about 15 m utes or till heated through. Pour t sauce over the ham and chicken, a serve immediately.

Nutrition information per serving: *1 cal., 18 g pro., 13 g carbo., 7 g fat, 46 chol., 462 mg sodium, 317 mg potas um, and 1 g dietary fiber. U.S. RI 14% vit. C, 19% thiamine, 34% niac*

PARTY VEGETABLE PLATTER

For a springtime brunch Mary K chooses fresh asparagus because it's season and plentiful. Other seasons, substitutes fresh green beans—

1½ lb. asparagus spears *or* 1 lb green beans
2 small heads cauliflower, broken into flowerets
½ cup white wine vinegar
⅓ cup Dijon-style mustard
2 Tbsp. sugar
⅔ cup olive oil *or* salad oil
Leaf lettuce
Cherry tomatoes, halved
Pitted ripe olives
Lemon slices, halved (optional)
Fresh thyme sprig (optional)



Place a steamer basket in a saucepan. Add water to just below the bottom of the steamer basket. Bring to boiling. Add asparagus or green beans. Steam, covered, till crisp-tender (5 to 8 minutes for asparagus; 18 to 22 minutes for green beans). Remove asparagus or green beans from steamer basket; chill till serving time.

Add water to just below the bottom of the steamer basket, if necessary. Return to boiling. Add cauliflower. Steam, covered, for 8 to 12 minutes or till crisp-tender. Remove cauliflower from steamer basket; chill till serving time.

For dressing, in a blender container or food processor bowl combine vinegar, mustard, and sugar. Cover and blend or process for 5 seconds. With blender running slowly, add oil in a thin, steady stream through the opening in the lid. (When necessary, stop blender or processor and use a rubber spatula to scrape sides.) Season to taste with salt and pepper. Cover and chill till serving time.

To serve, arrange asparagus or green beans on one side of a large platter. Line remaining half of the platter with lettuce. Arrange cauliflower on top of the lettuce. Add several cherry tomatoes and ripe olives. Drizzle vegetables with the dressing. Garnish with the lemon slices and the thyme sprig. Makes 12 servings.

Make-ahead directions: Make the dressing up to a week before serving. Store in a covered container in the refrigerator. The day before, clean and steam the asparagus or green beans and cauliflower. Arrange on the platter. Cover and chill. Just before serving, add cherry tomatoes and olives. Drizzle with dressing.

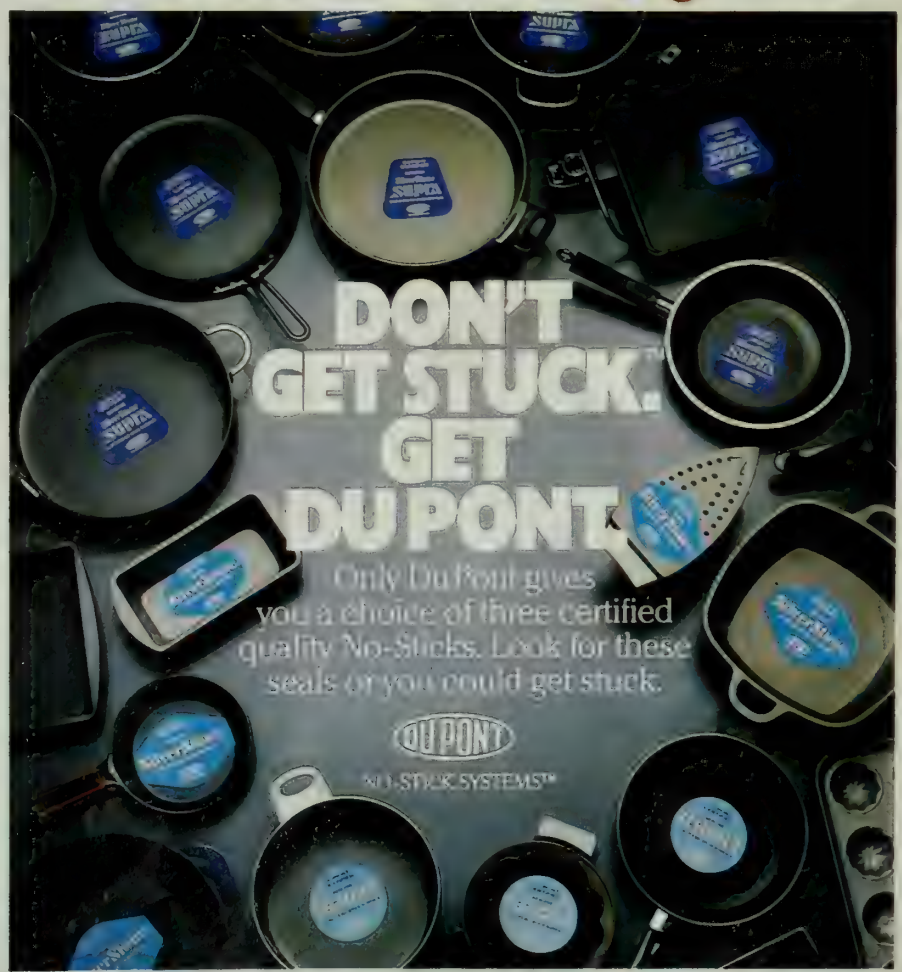
Nutrition information per serving: *170 cal., 3 g pro., 9 g carbo., 14 g fat, 0 mg chol., 303 mg sodium, 463 mg potassium, and 3 g dietary fiber. U.S. RDA: 2% vit. A, 75% vit. C.*

continued on page 168



To get the most advanced No-Stick yet—twice as tough, twice as durable—look for the certified SilverStone SUPRA seal.

DUPONT
NO-STICK SYSTEMS™



Zip up chicken with Miracle Whip®



ZIPPY CHICKEN STIR-FRY

½ CUP MIRACLE WHIP SALAD DRESSING
1 TABLESPOON SOY SAUCE
½ TEASPOON GROUND GINGER
¼ TEASPOON CRUSHED RED PEPPER (OPTIONAL)
2 TABLESPOONS OIL
3 CHICKEN BREAST HALVES, SKINNED, BONED, CUT INTO THIN STRIPS
1 CUP **EACH** BROCCOLI FLOWERETS, RED PEPPER STRIPS AND CARROT SLICES
¼ CUP GREEN ONION SLICES
1 GARLIC CLOVE, MINCED
4 CUPS HOT COOKED RICE

- STIR TOGETHER SALAD DRESSING, SOY SAUCE, GINGER AND RED PEPPER; SET ASIDE.
- HEAT OIL IN WOK OR LARGE HEAVY SKILLET OVER MEDIUM-HIGH HEAT. ADD CHICKEN; STIR-FRY 4 MINUTES.
- ADD VEGETABLES AND GARLIC; STIR-FRY 3 TO 4 MINUTES OR UNTIL CRISP-TENDER.
- STIR IN SALAD DRESSING MIXTURE; SIMMER 30 SECONDS. SERVE OVER RICE. 3 TO 4 SERVINGS.

PREP TIME: 20 MINUTES. COOKING TIME: 8 MINUTES.

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continued from page 167

FRESH BERRY SUNDAES

As featured on the cover, Mary Kay serves the berry toppings in an eclectic assortment of china tea cups, adding her personalized touch to the table—

Fresh strawberries *and/or* blackberries
Vanilla yogurt
Ground nutmeg
Brown sugar
Granola
Toasted coconut
Toasted sliced almonds

● **Plan on** about 1 cup berries per person. (Mary Kay uses strawberries and blackberries, but any combination of berries will work.) Remove stems from berries. Rinse the berries in cold water and drain well. Transfer the berries to a large serving bowl.

● **For toppers, set out cups** of vanilla yogurt sprinkled with ground nutmeg, brown sugar, granola, coconut, and sliced almonds. This way, guests can build their own berry sundaes.

Nutrition information per 1 cup berries with 1 Tbsp. yogurt, 1 tsp. brown sugar, and 1 tsp. almonds: *102 cal., 2 g pro., 21 g carbo., 2 g fat, 1 mg chol., 12 mg sodium, 330 mg potassium, and 5 g dietary fiber. U.S. RDA: 67% vit. C.*

PECAN-STREUSEL COFFEE CAKE

For a tasty variation, add ½ teaspoon finely shredded orange or lemon peel to the cake mix—

1 cup chopped pecans
⅔ cup packed brown sugar
2 Tbsp. margarine *or* butter, melted
1½ tsp. ground cinnamon

• • •

1 27¼-oz. pkg. cinnamon streusel cake mix
½ cup dairy sour cream

● **For topping,** in a mixing bowl stir together pecans, brown sugar, margarine or butter, and cinnamon. Set aside.

● **Prepare the cake mix batter** according to the package directions, *except* stir the sour cream into the prepared batter. Spread *two-thirds* (about 4 cups) of the batter into a greased and floured 13x9x2-inch baking pan. Sprinkle batter with the streusel mix from the package. Carefully spread with the remaining batter. Sprinkle with reserved nut topping.



● **Bake in a 350° oven** for 35 to 40 minutes or till a toothpick inserted near the center comes out clean. Cool slightly in pan. Meanwhile, prepare glaze from the cake mix according to package directions. Drizzle glaze over warm coffee cake.

Make-ahead directions: Cool coffee cake completely and do not add glaze. Cover the pan with heavy foil or remove coffee cake from pan and wrap in freezer wrap. Freeze up to 6 months. To serve, if used freezer wrap, remove wrap and cover loosely with foil. Bake, covered, in a 350° oven for 25 to 30 minutes or till heated. Glaze as directed above. Makes 14 to 16 servings.

Nutrition information per serving: *375 cal., 3 g pro., 49 g carbo., 19 g fat, 55 mg chol., 223 mg sodium, 113 mg potassium, 1 g dietary fiber.*



Jeanne Gustafson, Mary Kay's best friend, helps serve the coffee cake.

CHEESE AND MUSHROOM BRUNCH EGGS

By serving scrambled eggs casserole-style, Mary Kay knows the eggs stay hot till all the guests are served—

3 Tbsp. margarine *or* butter
¼ cup all-purpose flour
2½ cups milk
1 cup shredded process Swiss cheese (4 oz.)
½ cup grated Parmesan cheese
¼ cup dry white wine

• • •

Nonstick spray coating
3 cups sliced fresh mushrooms
½ cup thinly sliced green onions
2 Tbsp. margarine *or* butter
24 beaten eggs
Tomato slices, cut in half
Sliced green onions

● **For sauce, in a saucepan melt** the 3 tablespoons margarine or butter. Stir in flour. Cook for 1 minute. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Stir in cheeses. Cook and stir over medium heat till cheeses melt. Remove from heat; stir in wine. Cool.

● **For eggs,** spray a *cold* 12-inch skillet with nonstick spray coating. Heat skillet over medium heat. Add mushrooms and the ½ cup green onions to hot skillet; cook till tender. Transfer vegetables to a bowl; set aside.

● **In the same skillet** melt *1 tablespoon* of the margarine or butter. Add *half* of the eggs. Cook over medium heat without stirring till eggs begin to set on the bottom and around the edge. Using a large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking till eggs are set throughout, but still glossy and moist. Transfer scrambled eggs to a 13x9x2-inch broiler-proof baking pan or au gratin dish. Scramble remaining eggs using remaining margarine or butter; remove from heat.

● **Spread** *half* of the mushroom mixture over the eggs in the baking pan or au gratin dish. Drizzle about *half* the sauce atop. Top with the remaining scrambled eggs, mushroom mixture, and sauce.

● **Bake, uncovered, in a 350° oven** about 25 minutes or till heated through. For a golden brown top, transfer to broiler and broil 4 inches from the heat for 3 to 4 minutes or till surface starts to brown. Top with tomato wedges and remaining sliced green onions. Let stand 10 minutes before serving. Makes 12 servings.

continued on page 170

Will people like the taste of a cracker that's low in fat, low in salt and has no cholesterol?



Apparently so.



● **In a large mixing bowl** blend together egg yolks and the 1 cup buttermilk. In another bowl combine flour, sugar, bak ing powder, and baking soda; add to egg-yolk mixture. Mix t combine. Stir in the ½ cup buttermilk and the melted mar garine or butter.

● **In a mixer bowl beat** egg whites till stiff peaks form (tip stand straight). Gently fold beaten egg whites into flour mix ture, leaving a few fluffs of egg white. *Do not overmix.*

● **For each pancake, spoon** about *1 tablespoon* of the batte onto a hot, lightly greased griddle or heavy skillet. If batter i too thick to spread slightly when dropped onto a hot griddle stir in 2 to 4 tablespoons additional milk. Cook till golde brown, turning to cook second side when pancakes have bubbly surface and slightly dry edges.

Before serving, in a small saucepan warm syrup over me dium-high heat till heated through, stirring occasionally Serve pancakes with warm syrup and fresh berries. Make about 16 to 24 pancakes.

Make-ahead directions: Bake pancakes as directe above. Cool completely. Arrange *half* of the pancakes in single layer on a piece of foil (about 20x12 inches). Top wit another piece of foil and remaining pancakes. Place a thir piece of foil atop; seal edges of foil together with a double fold making a packet. Chill pancakes up to 24 hours. To reheat place foil packet in a 350° oven 15 minutes or till heate through. Remove from foil; serve as directed.

Nutrition information per 2 pancakes with 2 tsp. butter and Tbsp. berry syrup: *340 cal., 5 g pro., 46 g carbo., 15 g fat, 69 m chol., 282 mg sodium, 159 mg potassium, and 1 g dietary fibe U.S. RDA: 13% vit. A, 14% thiamine, 12% riboflavin, an 12% calcium.*

A MORNING IN MAY

continued from page 168

Make-ahead directions: Prepare sauce as directed above; cover and chill up to one week. Scramble the eggs and assemble the casserole using the prepared sauce. Cover and chill up to 24 hours. To serve, bake, uncovered, in a 350° oven about 55 minutes or till heated through. Continue as directed on *page 168.*

Nutrition information per serving: *301 cal., 19 g pro., 8 g carbo., 21 g fat, 566 mg chol., 324 mg sodium, 324 mg potassium, and 1 g dietary fiber. U.S. RDA: 26% vit. A, 10% thiamine, 32% riboflavin, 27% calcium, 15% iron.*

LAFAYETTE PANCAKES

Turn pancakes into dessert with Mary Kay's berry-topped petite cakes—

3 egg yolks
1 cup buttermilk
2 cups all-purpose flour
3 Tbsp. sugar
2 tsp. baking powder
¼ tsp. baking soda
½ cup buttermilk
6 Tbsp. margarine *or* butter, melted
3 egg whites
Berry *or* maple syrup
Margarine *or* butter
Fresh raspberries, blueberries, *or* sliced strawberries (optional)

ay. Will they also like cracker that's just as healthy and has real oat bran too?



HASSLE-FREE SHOPPING

For manageable entertaining, start by taking the hassle out of grocery shopping. Use these tips to organize your shopping list and cut valuable time from your trip.

- **Make a list and check it twice.** Try to get everything you need for your brunch in one trip (you may need to make a last-minute run for perishable goods as well). Divide foods into categories such as produce, dairy products, meat, canned foods, frozen foods, breads, bakery items, and beverages. Cross off items on your list as you pick them up so you won't forget anything. Call ahead to make sure specialty items are in stock. This may also save an extra trip.
- **Shop wisely with coupons and store specials.** On your shopping list, mark the items and brands that you have coupons for. Also check the newspaper for store specials and mark those items and brands.
- **Stick to a store you know.** Because grocery stores are arranged differently, choose one you are familiar with so you can find the items you need quickly.
- **Avoid aisle traffic jams.** (The most conjested times are usually from 5 to 6:30 in the evenings and any time on weekends.) Shop on weekdays or after 6:30 on weeknights when the aisles are free of carts and people and when the checkout lines are short.

COOKING HELPERS

For more brunch and breakfast ideas, you can order the Better Homes and Gardens® Brunches and Breakfasts cookbook; *see page 204.*

OUTDOOR TABLE SETTING

)ne advantage of outdoor entertaining is that anything s. When it comes to setting the table, forget the usual es and let your imagination flow. Here are a few tips to rt you off:

- **Gather up sheets, quilts,** and blankets for table cover- s. They're the perfect size to cover a long picnic table. tect a valuable quilt and blankets from spills with trivets, ce mats, or table runners.
- **Opt for nonbreakable plastic** plates and glasses. These available in many colors and styles and can be washed l reused.
- **f you're short on dishes,** try mixing and matching what have. If possible, try to keep colors of the same intensity l patterns of the same size.
- **se baskets** to carry food, silverware, and plates from the chen to the backyard. They'll save you trips and they ke attractive containers on the table.
- **Keep your centerpiece simple.** Arrange a bunch of flow- in an antique pitcher. Or, lay a single bloom across the le. Houseplants make attractive centerpieces, too.
- **erve food attractively.** Select pretty dishes and uten- . Take a few minutes to arrange food in bowls and on ving platters. Add simple but colorful garnishes, such as t wedges, berries, edible flowers, or fresh herbs.
- **or larger celebrations,** consider renting china, glass- e, linens, tables, or even a tent or canopy from a party tal service.

It certainly looks that way.



NABISCO BRANDS

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DOLE® & HORMEL PRESENT...

PINEAPPLE CHICKEN SALAD

For a delightful summer salad, toss Dole fresh Pineapple chunks, orange wedges and grapes with 2 cans of Hormel Chunk Breast of Chicken, drained. Serve immediately.



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WIN MONEY FOR YOUR RECIPES
See Page 178 For Details



Muffins and Quick Breads

File under Breads
May, 1990

$200 WINNER *Doris M. Rogers, Port Orchard, Wash.*

PEAR ZUCCHINI BREAD

Doris grows both zucchini and pears, so this doubly delicious bread is a welcome solution to her overabundant harvests—

Nonstick spray coating
2 cups all-purpose flour
1 cup rye flour
2 tsp. pumpkin pie spice
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
2 cups chopped, peeled pears *or* one 16-oz. can pear halves, drained and chopped
1 cup sugar
1 cup packed brown sugar
1 cup finely shredded, unpeeled zucchini
1 cup cooking oil
3 eggs
1 Tbsp. vanilla
½ cup chopped pecans

Spray two 8x4x2-inch baking pans with nonstick coating; set aside. In a medium mixing bowl combine flours, pumpkin pie spice, baking soda, baking powder, and salt. In a large mixing bowl combine pears, sugars, zucchini, oil, eggs, and vanilla; mix well. Add flour mixture; stir just till combined. Stir in chopped nuts. Pour batter into prepared pans. Bake in a 350° oven for 55 to 60 minutes or till a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack. Remove bread from pan; cool thoroughly on rack. Wrap in plastic wrap and store overnight before slicing. Makes 2 loaves, 16 slices each.

Nutrition information per slice: *175 cal., 2 g pro., 23 g carbo., 9 g fat, 26 mg chol., 82 mg sodium, 70 mg potassium, and 1 g dietary fiber. U.S. RDA: 6% vit. A, 1% vit. C, 4% riboflavin, 5% calcium.*

p along here and file punched pages in your *New Cook Book.*



Fruit Drinks And Punches

File under Beverages
May, 1990

$200 WINNER *Linda L. Keith, Carrollton, Tex.*

PINEAPPLE-YOGURT WHIRL

Whip up this frothy blender sipper in minutes and enjoy it as a healthful snack or breakfast drink—

1 6-oz. can frozen pineapple juice concentrate
½ cup water
½ cup milk
1 8 oz. carton vanilla yogurt
2 Tbsp. sugar
1½ tsp. vanilla
2 cups ice cubes
Fresh pineapple wedges (optional)

In a blender container combine the pineapple juice concentrate, water, milk, yogurt, sugar, and vanilla. Blend mixture till smooth. With the blender running, add ice cubes slowly through the opening in the lid and blend mixture till slushy. Pour into tall glasses. Decorate each serving with a fresh pineapple wedge. Makes three 8-ounce servings.

Nutrition information per serving: *146 cal., 5 g pro., 28 g carbo., 2 g fat, 7 mg chol., 71 mg sodium, 306 mg potassium, and 0 g dietary fiber. U.S. RDA: 13% vit. C, 14% riboflavin, 19% calcium.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Fruit Drinks And Punches

File under Beverages
May, 1990



$100 WINNER *Cindi Karras, Modesto, Calif.*

FRUITY DAIQUIRI PUNCH

This four-fruit punch makes plenty for parties and receptions and can easily be doubled. For a nonalcoholic version, simply omit the schnapps—

- **1 12-oz. can frozen orange juice concentrate, thawed**
- **1 12-oz. can frozen pink lemonade concentrate, thawed**
- **2 6-oz. cans frozen strawberry daiquiri mix concentrate, thawed**
- **2¼ cups water**
- **2 cups peach *or* apricot nectar**
- **⅓ cup peach schnapps (optional)**
- **4 12-oz. cans lemon-lime carbonated beverage (6 cups), chilled**
- **Ice cubes *or* ice ring**
- **Strawberries (optional)**

In punch bowl or large bowl combine orange juice concentrate, lemonade concentrate, and daiquiri mix. Stir in water, peach or apricot nectar, and schnapps. Chill till needed. At serving time, add carbonated beverage, ice cubes or ice ring, and float strawberries atop punch. Serve immediately. Makes about 15 cups or 20 (6-ounce) servings.

Nutrition information per serving: *110 cal., 1 g protein, 28 g carbo., 0 g fat, 0 mg chol., 4 mg sodium, 148 mg potassium, and 0 g dietary fiber. U.S. RDA: 51% vit. C.*

Buying information, page 137.

Clip along here and file punched pages in your *New Cook Book*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

Muffins and Quick Breads

File under Breads
May, 1990



$100 WINNER *Wilma Seath Weber, Wasco, Calif.*

GOOD-FOR-YOU MUFFINS

Wilma's family loves the fruit flavor of these muffins, but she says she makes them because they're high in fiber and healthful—

- **1½ cups rolled oats**
- **¾ cup whole wheat flour**
- **½ cup all-purpose flour**
- **½ cup packed brown sugar**
- **3 Tbsp. oat bran**
- **1½ tsp. baking powder**
- **1 tsp. ground cinnamon**
- **¾ tsp. baking soda**
- **¼ tsp. salt**
- **⅓ cup currants *or* raisins**
- **⅓ cup broken dried banana chips**
- **¼ cup snipped pitted dates**
- **¼ cup chopped walnuts**
- **1 cup milk**
- **¼ cup cooking oil**
- **2 slightly beaten egg whites**

In large bowl combine oats, flours, brown sugar, oat bran, baking powder, cinnamon, baking soda, and salt; mix well. Add currants or raisins, banana chips, dates, and nuts. Stir to coat with flour mixture. In a 2-cup measure combine milk, oil, and egg whites. Add milk mixture to flour mixture. Stir just till moistened (batter should be lumpy). Lightly grease 12 muffin cups or line with paper bake cups. Spoon batter into cups, filling cups full. Bake in 400° oven for 18 to 20 minutes or till done. Cool slightly on wire rack. Serve warm. Makes 12 muffins.

Nutrition information per muffin: *215 cal., 5 g pro., 33 g carbo., 8 g fat, 2 mg chol., 175 mg sodium, 227 mg potassium, and 3 g dietary fiber. U.S. RDA: 10% vit. C, 13% thiamine.*

HOW TO SAY GREAT TASTE IN ITALIAN.



WHAT TASTES BETTER THAN THE DELICIOUS ITALIAN DRESSING YOU MAKE FRESH YOURSELF? COMBINE YOUR FAVORITE OIL AND VINEGAR WITH GOOD SEASONS® HERBS AND SPICES FOR THE FRESH ITALIAN DRESSING ONLY YOU CAN MAKE.

YOU MAKE IT FRESH
YOU MAKE IT BEST™

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FAST-TO-FIX FAMILY FAVORITES

SPUR-OF-THE-MOMENT PICNIC



PHOTOGRAPHS: PERRY STRUSE

Even on a whim, you can pull together a delicious picnic for your family. You'll find everything you need at the supermarket. So go on—enjoy the day!

THE PICNIC ESSENTIALS

- Sandwich makings—pita bread and fillings
- Dessert—brownies and fruit
- Thirst quencher—fruit juice
- Snacks—peanuts in the shell, vegetable dippers, and dip
- Cups, plates, knives, forks, and napkins
- Picnic basket, tablecloth, and towel for cleanup

BY JOY TAYLOR

SIMPLE SALAD PITAS

Stop at the deli department of the grocery store to pick up the salad, meat, and cheese for the sandwiches. Grab a package of pita bread rounds (look for the ones already halved), a head of lettuce, and a tomato, too. Then pile lettuce leaves, tomato slices, deli salad, cheese, and meat into pitas when you reach the park—

4 large pita bread rounds, halved crosswise
Lettuce leaves (optional)
8 oz. thinly sliced deli meat (ham, turkey, *or* roast beef)
4 oz. thinly sliced cheese (cheddar, Swiss, American, *or* Monterey Jack)
1 pint deli salad (marinated vegetable salad, potato salad, *or* coleslaw)
1 tomato, thinly sliced



● **Line** each pita bread half with a few lettuce leaves. Place some of the deli meat and cheese slices in *each* pita bread half.

● **Spoon** about *¼ cup* of the desired salad into each pita half (use a slotted spoon or fork for the marinated vegetable salad or coleslaw). Add a tomato slice to each sandwich. Serve immediately. Makes 4 servings (2 pita halves per serving).

Nutrition information per serving (with ham, cheddar cheese, and potato salad): *558 cal., 29 g pro., 50 g carbo., 50 g fat, 145 mg chol., 1,521 mg sodium, 556 mg potassium, and 3 g dietary fiber. U.S. RDA: 16% vit. A, 47% vit. C, 49% thiamine, 22% riboflavin, 22% niacin, 28% calcium, and 20% iron.*

BERRY BROWNIES

Make a stop at the bakery department for the brownies—

4 purchased frosted brownies
¼ cup soft-style cream cheese with strawberries
Fresh strawberries

● **Split each brownie** in half horizontally. Spread the bottom half with about *1 tablespoon* of the cream cheese.

● **Slice** some of the strawberries; arrange sliced berries atop cream cheese. Top with remaining brownie half. Serve with more strawberries. Makes 4 servings.

Nutrition information per serving: *169 cal., 2 g pro., 23 g carbo., 9 g fat, 12 mg chol., 79 mg sodium, 167 mg potassium, 2 g dietary fiber.*

How a pickle graduates with honors.



This pickle doesn't
make the grade. It's been
cooked and kept on your grocer's
warm shelf. Barely passable.



The snap of a
Claussen® pickle earns
high marks. Never cooked.
Always chilled. A study in freshness.
The educated choice in pickles.



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The upper crunch of pickles™

Only in your grocer's refrigerated case.

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SPREADSOME.
TASTESOME.
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New!

Taste Shedd's* Country Crock® Spreadable Cheese Products! The delicious, wholesome, spreadable snack made with 100% natural cheese!

Try delicious Cheddar, Garden Vegetable, Herb and Garlic, French Onion, Cheddar with Port Wine and Cheddar Mexican Style. All with fewer calories and less cholesterol.*

Look for them in your grocer's dairy case now!

*25% fewer calories and less cholesterol than cold pack cheese food. (Fresh Garden Vegetable, Fresh Herb and Garlic and Fresh French Onion have 25% fewer calories and less cholesterol than cream cheese.)



WINNING IDEAS TO GET YOU STARTI FOR THIS MONTH'S CATEGORIES

Holiday Entrées

- **Roasted Cornish hens** with a or of-a-kind stuffing
- **Pastry-wrapped** meat or poult drizzled with a savory sauce
- **Stuffed roast,** featuring a vegetab or fruit filling
- **Seafood specialties,** including lo ster, crab, and shrimp dishes

Festive Breads

- **Favorite yeast breads** made easi with quick-rise yeast, hot roll mix, frozen bread dough
- **Miniature quick-bread loave** perfect for gift giving
- **Traditional holiday breads** su as stollen or Julekake with a new tas twist

WINNERS IN THIS ISSUE
(pages 173 and 174)

$200 Winners

Linda L. Keith
Carrollton, Tex.
Doris M. Rogers
Port Orchard, Wash.

$100 Winners

Cindi Karras
Modesto, Calif.
Wilma Seath Weber
Wasco, Calif.

Honor Roll Winners

Gloria T. Bove, Bethlehem, Pa.; Sylv Burns, Traverse City, Mich.; Gra Eckstorm, Somers, Mont.; Mrs. The sa J. Force, Charlotte, N.C.; Kristina Hansen, Ogden, Utah; Sandra N drauer, Edwall, Wash.

CONTEST RULES

1. Clearly type or print your name, addre and recipe marked "December Holiday trées" or "December Festive Bread **2.** Specify brand names of foods you u **3.** Include 50 to 100 words about origin recipe. **4.** If your recipe is purchased, you g Meredith Corporation the right to use the n pe, your name, and your hometown in manner for as long as we wish. **5.** All entr must be postmarked by midnight, May 1990. If recipe duplicates are submitted, one earliest postmarked will be judged. **6.** reserve the right to adjust and edit winn recipes. **7.** Address recipes you enter to "D cember Holiday Entrées" or "December F tive Breads," 9012 Food Department, Be Homes and Gardens, Des Moines, IA 503 **8.** All entry materials become the property Meredith Corporation.

FOOD

WIN MONEY

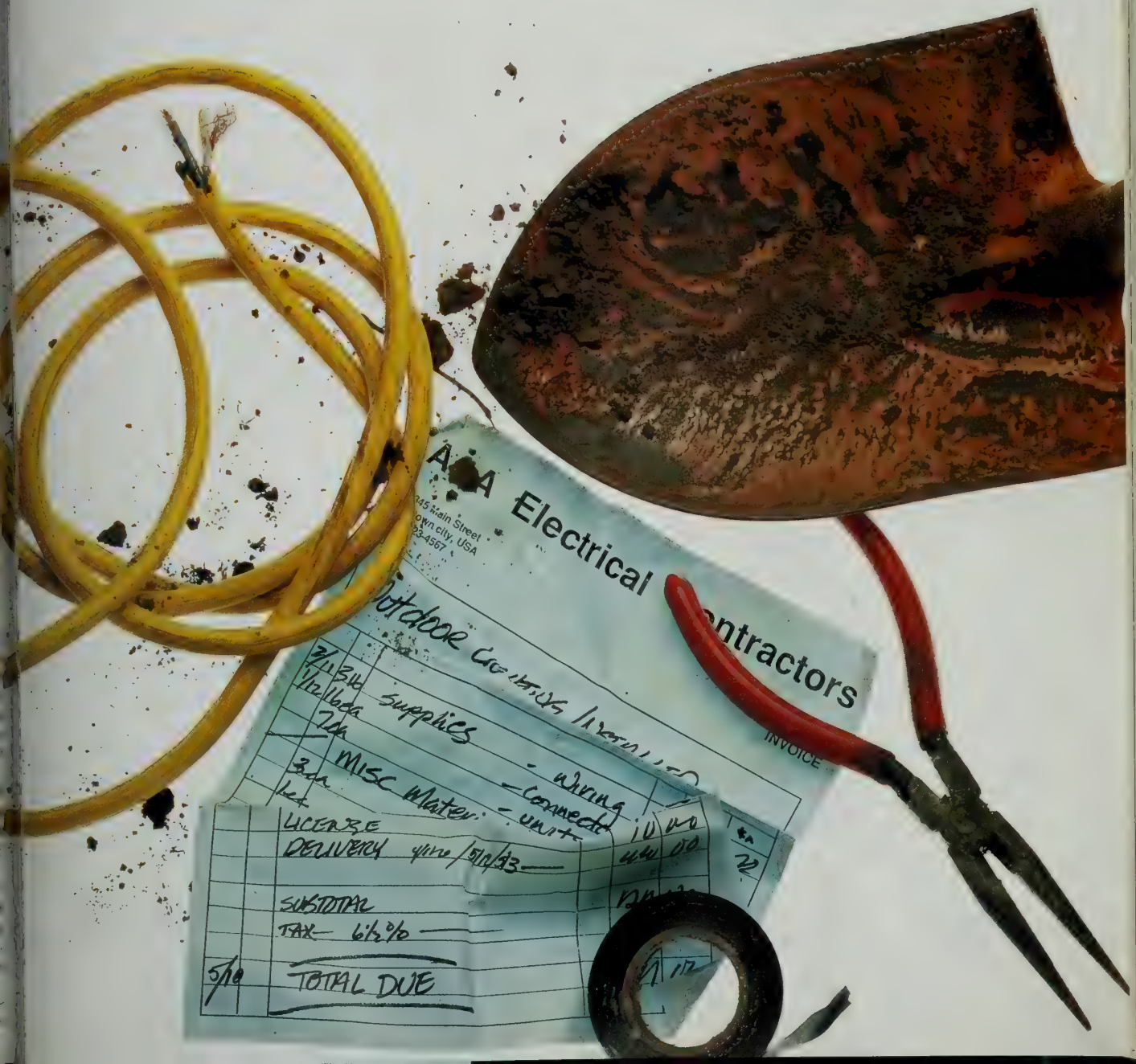
IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly *Better Homes and Gardens*® Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Then, it's up to us to kitchen-test and taste the entries and choose the winners.

Seven months later, we feature the four top recipes on the Prize Tested Recipes pages. Along with their prize money, all winners receive a framed certificate and six copies of their recipe.

If this is what comes to mind when you think of installing outdoor lighting,



it's time to see your world



You can install any ARCO Solar light in minutes. This one, for example, just needs to be staked in a sunny spot. No digging. No electrical hook-ups. No problem.

Introducing ARCO Solar.® The easy-to-install, economical outdoor lighting powered by the sun.

In the past, plans to install lighting outside your home posed three essential requirements: a sturdy pair of gloves, an arsenal of heavy tools, and an unshakable will to succeed. Fall short with any one, however, and you could expect to pay dearly for the help of an electrician.

Today, ARCO Solar brings to light a whole new way of looking at things. With a line of outdoor lighting products so advanced, they need no wiring and take minutes to install...because they're powered entirely (and economically!) by the sun.



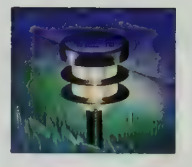
Here's how they work. Atop each ARCO Solar light is a thin, flat panel of sophisticated light-sensitive material. During the day, this "solar cell" rapidly absorbs the sun's rays and converts them into electricity, which is stored. Then, at night, the lights automatically call upon this free energy to help you find your way. Keep things secure. Or, simply, to make your world a little more beautiful.

Backed by a history of technological leadership like no other in the industry.

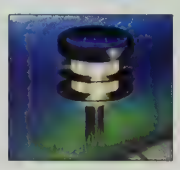
Behind every outdoor light you see on this page are some of the most

n a whole new light.

essful industrial applications
advanced solar technical
rch ever.
xperience that has put
O Solar technology to the
f expert scrutiny in a variety
manding environments and
ranging from desert irriga-
ystems and remote power
ns; to sophisticated weather
toring equipment and
ne navigational aids.
ualifications like these have
nly helped us become, quite
ly, the world leader in solar
ology. They also lead us to
dently predict that, no mat-
ich ARCO Solar light you
t choose, it will reliably
r the lighting you need...
tter *where* you need it.



PATHWAY LIGHT™ — decoratively highlights driveways, walkways, patios and gardens. Pagoda-style lamp, 12-inch stake height.

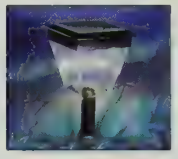


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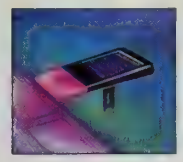
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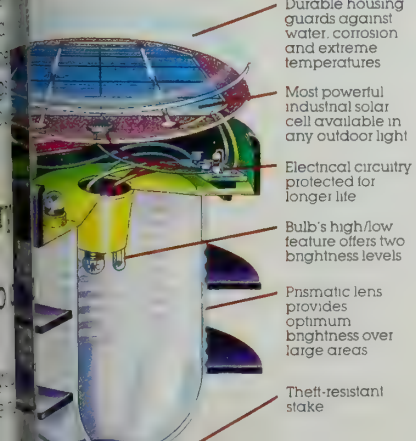
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—By Kathryn Stechert Black

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4 cloves garlic, finely chopped
2 tbsp. flour
10¾-oz. can chicken broth
1 c. dry red wine
1 tsp. thyme leaves
1 tsp. pepper
8-oz. fresh mushrooms, cut in half
1 c. chopped fresh parsley

Heat oven to 350° F. Cut turkey tenderloins into ½-inch thick slices. Heat oil in 5-quart Dutch oven over medium-high heat until oil sizzles, about 1 minute. Place turkey, potatoes, carrots, onion and garlic in pan. Cook and stir frequently until turkey is no longer pink, about 10 minutes. Sprinkle flour over turkey mixture. Cook and stir 1 minute. Stir in chicken broth, wine, thyme and pepper; bring to a boil. Add mushrooms. Bake uncovered at 350° F. for 45 to 50 minutes or until vegetables are tender. Stir in parsley. 5 servings.

Nutrition Information Per Serving (1/5 of recipe)—Calories 420, Protein 32 g, Carbohydrate 38 g, Fat 12 g, Cholesterol 71 mg, Sodium 273 mg.



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NEW PACES FOR OLD SPACES

Updating the Family Room for the '90s

BY REBECCA JERDEE





PHOTOGRAPHS: MIKE MORELAND; DESIGN: JOHN GAUL

Upscale remodeling blends new furnishings with old durable walls and floor. Cheeky new colors—taupes, violets, and blues—snap up the old beige walls.

Once upon a time, this family room tolerated furniture hand-me-downs that hobbled around on their last legs. Not for the '90s. The space now gains the respect it deserves with a spiffy new look and quality furnishings.

Today's family room works harder than yesterday's informal recreation room: It hosts adult and teen parties, catches the best television in town, entertains crowds of video fans, and even hovers around a bit of homework now and then. Here's how your family room can shed its dowdy, old-fashioned image and get back in the high life again.



DURABLE ELEMENTS

Forget tearing the whole place down. As these owners did, adapt new elements to old ones worth saving.

- **The vinyl wall covering** still hung on tight. Its fine condition, classic color, and washable surfaces were good starting points. Brushed with light and lean taupe paint, the stair banister, lower walls, and wood trim tied in to the wall covering's neutral color scheme.
- **The vinyl tile floor** was a keeper. In excellent shape, it promised to hold down the fort. But, the old gold carpet had to go, in favor of a subtle, commercial-grade area rug that could take a family-size beating.
- **A newly suspended ceiling** gives uniformity to the old one and hides unattractive pipes. The grids that suspend the ceiling units hold track lighting.
- **High-quality furnishings**, such as the leather sofas, provide comfortable seating; their blue color minimizes signs of heavy use. Rough-and-ready pillow seating defies wear and tear while adding shots of color to the space. The glass-top table is easy to clean, and an extra table at the side of the room provides a zoned space for games, snacking, and model building.
- **Custom laminate built-ins** go the extra mile to provide storage. Although a hefty decorating cost upfront, such a unit will pay you back with years of reliable service. Want to get the look for less? Check out ready-made modular storage units by *Techline* or *Star*. Or, choose from simple ready-to-assemble bookcases (often available at discount and department stores) to more expensive units that you can customize with optional doors, drawers, and shelves.

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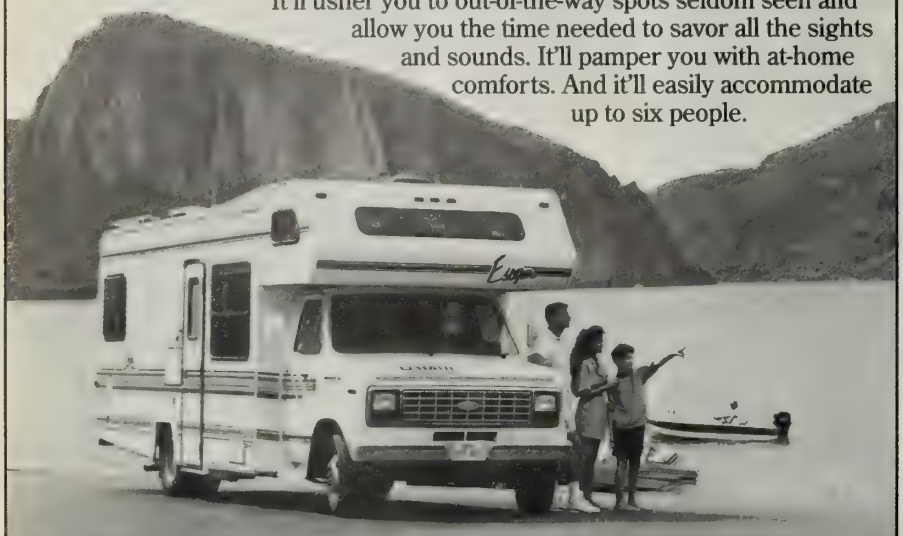
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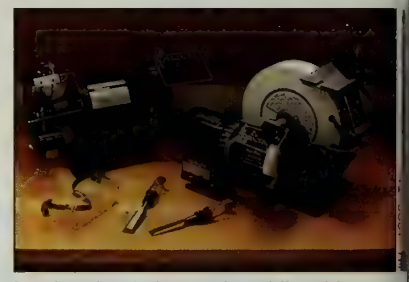
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BENCH GRINDERS

High-speed bench grinders (left) ar a great all-around tool for a very rea sonable cost, between $50 and $100 This Black and Decker model retail for about $80. Bench grinders are size according to the wheels they accept– 6-, 8-, or 10-inch. You can use benc grinders to resharpen worn or dul edges on tools, knives, and lawn mowe blades. By changing to different type of wheels, you can buff, clean and po ish, and deburr a variety of metal ob jects. For sharpening cutting edge start with a bench grinder and finis with a whetstone for the final polish.

WET/DRY GRINDER

At about $160 retail, Delta's uniqu wet/dry grinder (right) costs a bit mor than many bench grinders, but it ca sharpen thin steel cutting edges witl out burning the metal and ruining th temper. The big 10-inch wheel turn slowly and stays cool in a water batl This is especially valuable if you inten to sharpen chisels, planes, and knive which, to prevent burns, require del cate, time-consuming work on a high speed grinder. The smaller wheel run dry and at high speed for quick remova of metal burrs and jagged edges.



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SIT! HEEL! FETCH!

Dog-Training Techniques That Work

BY CYNTHIA ADAMS



When my husband and I got a chocolate-colored Labrador puppy, we pooh-poohed obedience training. We didn't want a show dog, just a good pet. But we quickly realized that we needed Portia to come when called, to stay at our side on walks, and to greet people without jumping on them. It dawned on us that it is our responsibility to teach her these skills.

Every dog needs some kind of training to be a good companion. Depending on the method you select, costs range from the price of a video to hundreds of dollars. But, because our dogs will be with us for many years, training is a good investment. You'll be more content as a dog owner if Buttons is manageable and can participate in your life, and Buttons will be more relaxed and confident when he knows that you are in charge.

"You've asked a dog to come live with you, and you need a way to talk to it," says Ian Dunbar, Ph.D., M.R.C.V.S., and founder of Sirius Dog Training. He explains that training provides that link. "People who don't train their dogs miss out on the terrific companionship that comes with being able to communicate with them."

—Cynthia Adams and her 2-year-old Lab, Portia, practice their training techniques in Des Moines, Iowa.

Obedience training isn't just for show animals. Dogs, like kids, need to learn acceptable behavior. The good news is that it's fun and never too late to start.

TRAINING STARTS AT HOME

Training begins when you bring Buttons home and start to housebreak him. You also show him by your actions what is and isn't acceptable behavior. If you pet Buttons when he jumps on the bed, he assumes it's ok to sleep there. When you feed him from the table, he discovers the power of begging. But, he also realizes he shouldn't eat the plants because you scold him when he gets near them.

PUPPY KINDERGARTEN

Socialization comes next in the learning process. Before Buttons reaches five months, he needs to learn to accept other people and other dogs. That's the main function of puppy kindergarten. The instructor also helps you introduce your pet to basic commands and gives you puppy healthcare tips and nutritional information and explains when you should take your dog to a vet. Puppy kindergartens, which are listed in the phone book, normally last six to eight weeks and cost slightly less than regular obedience classes. When Buttons graduates, he'll be comfortable with people and dogs, more reliable, and ready for full-fledged obedience training.

AGE FOR OBEDIENCE TRAINING

Most experts agree that dogs should be six to eight months old when they begin regular, structured training. It's easier if you've worked with your puppy so that it's been praised for doing basic things—such as come, sit, down—that you'll formally instruct it on later.

Don't worry if your dog is more than eight months old. You *can* teach an old dog new tricks. It may require more time and patience on your part, but as long as you make training enjoyable for your adult pet, you will both benefit. "One of a dog's greatest rewards is to be praised for doing something right," says West Coast trainer and author William Campbell. Dogs catch on quickly, and training continues as long as you want your dog to learn.

TRAINING OPTIONS

Professionals recommend three basic training methods: attend classes, do it on your own, or hire a trainer.

● **Attend a class.** Training classes provide structure and feedback, and

continued on page 184



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continued from page 182

give your pet a chance to socialize. The key to success is choosing the right class. Look for one with a minimum of four animals, but no more than 15 so each receives personal attention. Visit at least once before joining. Avoid those in which the instructor uses heavy-handed methods. Interview the trainer. What is his or her philosophy? How are difficult dogs dealt with? How is the class structured?

Classes cost $35 to $100 for eight to 10 sessions.

TIP: Go to class early. Let Buttons sniff, explore, and watch the other dogs come in one by one. Your pet (and you) will be much calmer than if he walks into a room full of dogs.

After your dog completes puppy kindergarten, select from three obedience-training options to find the one that best fits your needs and budget.

● **Train on your own.** If a good class can't be found, you can select from a variety of books and videotapes that show you the correct way to work with a dog. Choose those that encourage you to take your dog away from home and introduce it to others, then make sure that you do. Of the three training options, this is the least expensive.

TIP: Dr. Dunbar suggests that you throw a puppy party. Invite your neighbors and their children over to enjoy your puppy and other new dogs (if they have veterinary clearance) in the neighborhood. Encourage everyone to pet and play with the puppies. Not only will this help to socialize your dog, it'll increase your neighbors' tolerance of the dogs and will keep kids from taunting the animals.

● **Hire a trainer.** A private trainer can visit your home to help solve specific problems, or to work with you and your dog on an entire training program. Private training is convenient, and results can b excellent as long as you and the traine go through the exercises. It's no good i your pet does well for the trainer, bu ignores you when the trainer leaves. B sure that you and the trainer take th dog on outings and introduce it to othe dogs and people.

Prices depend on where you liv ranging from $15 to $25 per hour up t $200 hourly in New York City.

TIP: Sending your dog to a traine which can cost thousands of dollars, rarely recommended. You'd miss ou on the bond that forms between dc and trainer when they work together

FINAL ADVICE

● **Have your whole family trai Buttons.** It's easier if one family mer ber assumes the responsibility of trai ing, but it's better in the long run ar more fun if everyone helps.

● **Learn what motivates your do** This will vary even within breed Some dogs will do anything for a pat

Millions of people are keeping their dc







They're taking them to their veterinarian for a heartworm

Heartworm disease can be deadly to your dog. And now it has been reported from almost every state in the country. Anywhere you find mosquitoes, you can find heartworm disease.

Fortunately, preventing heartworm disease is easy.

Just ask your veterinarian to test your dog for hea And ask about HEARTGARD-30* (ivermectin)—the h worm disease preventive you give to your dog once-a-m

HEARTGARD-30 has established itself in terms o safety and effectiveness in all breeds of dogs. In tablet f

Composition: Each HEARTGARD-30 chewable or tablet contains 68, 136, or 272 micrograms of ivermectin. **Indications:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **Precautions:** Dogs should be tested by your veterinarian for existing heartworm infection prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredie HEARTGARD-30) caused serious adverse reactions, including death, in certain dogs, particular collie breed. **Observe collies closely for at least eight hours after treatment. If unusual sig as dilated pupils, depression, staggering gait, tremors or paralysis are seen following tre contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adul

he head, others will do handstands for bit of jerky. Figure out what will nake yours respond.

- **Review constantly.** Reinforce vhat Buttons learns. Ask him to sit be- ore giving him his food. Praise him for ood behavior when guests visit.
- **Try different methods.** What if ou've tried repeatedly and still can't et your dog to sit? If a method doesn't vork, use another one.
- **Have fun.** You got Buttons for fun nd companionship. Any route to train- ng him that isn't pleasurable won't ucceed. Teaching time should be en- oyable for both of you. Training will elp your dog keep active and useful.

ECOMMENDED TRAINING AIDS

ideo: *Sirius Puppy Training* by Dr. an Dunbar, $19.95, Pacific Arts Video. *00/538-5856.*

ook: *How to Raise a Puppy You Can ive With* by Clarice Rutherford and avid H. Neil, M.R.C.V.S., $9.98, Al- ine Publications. ***800/777-7257.***

RUN, SPOT, RUN

What has 12,000 legs, laughs, barks, and is listed in the 1990 edition of the *Guinness Book of World Records?* It's Houston's 8th annual Hi-Pro Dog Run, held in March of 1989. The event attracted nearly 2,000 dog owners and their pets. Purina Hi-Pro sponsored 15 such runs around the country last year, with six scheduled so far for 1990.

At a typical competition, hundreds of people walk, run, carry, drag, or are dragged by canines of all shapes and sizes, from the tiniest of terriers to the greatest of Danes. Because the dogs are not required to run, owners often come up with clever ways to transport their pets, including backpacks and baby buggies, according to Davia Gallup, founder of the first run in 1982 and national race director for eight years.

None of the races is more than two miles, and most also offer a one-mile dog walk before or after the run. Other fun activities, such as costume and owner look-alike contests, stupid pet tricks, and Frisbee throwing, are also part of the events in many cities.

Just like people runs, participants are given numbers to wear. Veterinary care is offered during the run, and water is available for owners and pets during and after the races. Prizes are given to winners in several categories, divided among small, medium, and large dogs. Proceeds from the runs are donated to local animal welfare groups.

For information about runs scheduled for 1990, or how to organize one in your city, contact Walt Walston, national race director, ***213/828-4123.***

—By Barbara Hall Palar

e step ahead of heartworm disease.





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w, HEARTGARD-30 is available in a tasty, beef-based le to make prevention even easier. All you have to do hat first step: call your veterinarian today.

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fections or for clearance of microfilariae. **Caution:** Federal (U.S.A.) law restricts this drug to he order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See ian for complete information. MSD AGVET, Division of Merck & Co., Inc., Rahway, NJ USA. ®HEARTGARD-30 is a registered trademark of Merck & Co., Inc., Rahway, NJ. 1990 Merck & Co., Inc. All Rights Reserved. HGD-0-04211-AJA



KING AU

GETTING YOUR BEST DEAL

10 key questions to ask before you buy

BY MIKE KNEPPER

Use these 10 questions to help you sort out your needs before you shop and negotiate a good deal.

1. What kind of car do you want? This requires some honest self-analysis and conversation. Is a sporty 2+2 coupe your secret dream? Or perhaps you yearn for a big, luxurious sedan. How does your spouse feel about your stated preference—really?

2. What kind of car do you need? Analyze your family's lifestyle carefully. How will the car be used? Who will be driving it most? Do you need a big sedan because you are part of a car pool, for example? Is a station wagon still necessary, with your family grown? What about a small, economical sedan, now that the kids are away at school most of the year?

3. Is a compromise possible? You may not have to give up what you want to get what you need. A spry little hatchback, for example, can blend the fun of a sport coupe and the practicality of a small station wagon. Sedan buyers on a tight budget might give up a little



MasterCard International, Inc.

size and choose one of the luxurious versions of a smaller sedan.

4. Do they have the model you want? Don't settle for a substitute tryout. Spend time with a model that is almost identical to the one you want. That includes seats, transmission, engine, and optional equipment—all of which can change a car's personality and the way you think about it. Different engines and suspensions, especially, dramatically affect the way a car drives and feels.

5. May you take a test drive? Never consider buying a car without testing it first, in a variety of situations—on the highway, around town, in and out of parking spots. Check comfort factors like ventilation, air-conditioning, cruise control, and the radio or tape player. You should be able to see well in all directions, reach all controls easily, and feel comfortable. Give every driver in the family a turn at the wheel.

6. Do you like it? A lot? Self-analysis time again. A car should make you feel good every time you get into it. If something about the car you have just tested bothers you, then chances are it will bother you every time you drive it.

7. Are there any incentives? Rebates or special financing have become so popular that a car offered without such an incentive today may be getting one tomorrow. A salesperson will likely tell you what's coming up, especially if you make it clear that your purchase may depend on an incentive. *Hint:* Do some price research before you enter the showroom, and don't discuss special financing or rebates until you have settled on price. Then compare overall costs both ways—higher price at a lower rate, or lower price (including rebate) at higher rates.

8. What are the financing options? If your question about incentives doesn't turn up anything on financing, be sure to ask about the dealer's regular lending plans. It's not uncommon for a dealer to make a better deal if the buyer agrees to finance through the dealership. But be sure to compare the dealer's plan with that of outside lending institutions. A small reduction in the annual percentage rate (APR) can make a significant difference in monthly payments and the total cost of the loan. Shopping for a loan before settling on the car you want is time well spent. *Hint:* Loans from credit unions often cost a full percentage point less than from other lenders.

9. How does the service department function? Do they offer special services? What are their hours? Is there a pick-up and delivery service? Will they give you a lift to work if you drop off your car? Can you get a loaner during repairs?

10. What's your best deal? Once all your questions have been answered satisfactorily, it's time to make a deal. The dealership's first offer will usually be higher than it is willing to take; yours should be lower than you're willing to pay. The answer to this last question: "somewhere in the middle."

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BY WENDY LOWE

YEEOW!

AMERICA'S FAVORITE THEME PARKS

From dizzying coasters to dazzling shows, here's how to get the best from your theme park vacation.

GET READY for giant, twisting water slides and acrobatic whales, a quiet jaunt in a tropical jungle, or a nerve-tingling ride through the human body.

GET SET for America's great theme parks, where fantasy is fun, fun, fun, and the only thing stopping you is exhaustion.

GO with a strategy to dodge the worst lines and save the most cash.

Here's our up-to-the-minute insider's guide to how your family can get the most out of America's favorite theme parks.



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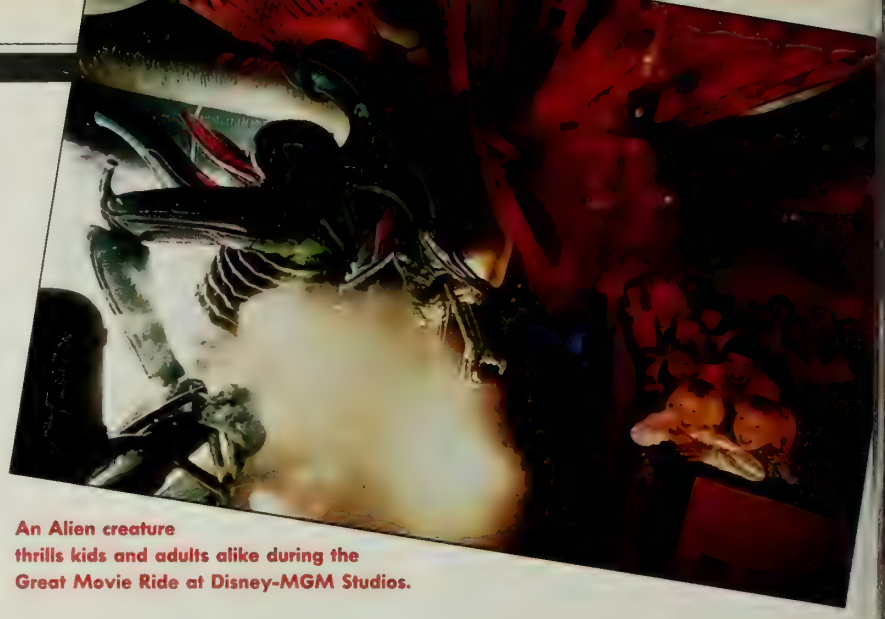
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continued from page 189

WALT DISNEY WORLD

The most popular theme park of all, Walt Disney World, is bigger than ever. Besides taking in the Magic Kingdom and Epcot Center, you can now get a taste of Hollywood at the new Disney-MGM Studios Theme Park.

Don't try to wing it through Disney World. Reservations and careful, day-by-day planning are a must at this mammoth resort, which is roughly the size of San Francisco and sells more than 20 million admissions a year. Map out your best moves with these tips from seasoned World travelers.



An Alien creature thrills kids and adults alike during the Great Movie Ride at Disney-MGM Studios.

Allow time to see everything. Spend at least one day each at the Magic Kingdom amusement area, the world's-fair-type exhibits of Epcot, and the Disney-MGM Studios' movie and television tours. But that's only the beginning of Disney World. You'll also find two water parks, a zoological island, a nightlife entertainment center, a shopping village, and seven resorts with lavish sports facilities. You can get around the 43-square-mile complex by ferry, monorail, launch, or bus.

Stay at least five days. For your first trip to Disney World, a minimum stay of five days lets you hit the highlights with time for dining, shopping, sports, and relaxation. A four-day passport for all three parks costs $100 for an adult and $80 for ages 3 to 9. One-day, one-park tickets are $31 for adults and $25 for children. Allow two or three days to explore the Orlando area or visit such nearby attractions as Sea World and Florida Cypress Gardens.

Look for package deals. You'll save money and simplify booking. Delta Air Lines, the official carrier for Disney World, offers Dream Vacation packages that combine airfare, admissions, lodging at Disney-owned resorts, and a rental car for less than the cost of regular round-trip airfare from some cities. Disney World, American Express, Premier Cruise Lines, and many others provide packages at several price levels. *Tip:* Look for extras that save time and add cash value, such as transportation from the airport, show tickets, or meal discounts.

Book early. People reserve accommodations two years in advance for popular holiday weekends. Book six months ahead for midsummer visits, a bit less if you're flexible about dates and hotels. In other seasons, call at least three to four months before your trip. Reservations for some dinner shows, sports facilities, and better restaurants should be made before leaving home.

Stay on-site for convenience. You'll be able to take a midday breather at Disney-owned accommodations and have free transportation anywhere in the World. Other bonuses include discounted tickets for many resort attractions and the chance to book ahead for some dinners or shows.

You'll find lodging at many price levels inside Disney World, from the old-style posh of the Grand Floridian ($195–$330, per room) and the moderate but comfortable rooms at the Caribbean Beach Resort ($69–$99), to campsites and trailer hookups ($29–$46) at Fort Wilderness Resort and Campground. (You can also rent a trailer with maid service for $155–$165.)

Most rooms sleep up to five persons, but larger groups may prefer the villas and suites at the Disney Village Resort ($200 and up). The elegant Disney Swan Hotel ($185–$325) is new this year. For Walt Disney World resort information, call *407/824-4321;* for reservations, *407/934-7639.*

Save money at an off-site budget hotel. Conserve your resources by not staying at Disney World. Many lower-priced hotels are clustered around the nearby town of Kissimmee. Those in Florida Center (off I-4 around International Drive) are not as close to the main gate, but offer more shopping and

continued on page 192



Children love seeing Mickey Mouse in person at Disney World.

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It's so easy, all you need is a little hand.

Our recipe for fun: Cool Whip,® Keebler® Ready-Crust,™ and the best ingredient of all—your kids.







BananaBerry Pie

1 package (4-serving size) JELL-O® Brand Strawberry-Banana Flavor Gelatin
¾ cup boiling water; ½ cup cold water
2½ cups thawed COOL WHIP® Whipped Topping
1½ cups strawberries, sliced
1 (6 oz.) KEEBLER® READY-CRUST® Graham Cracker Pie Crust
1 package (4-serving size) JELL-O® Banana Cream Flavor Instant Pudding and Pie Filling
¾ cup milk

►**Dissolve** gelatin in boiling water. Stir in cold water. Chill until slightly thickened. Mix in 1 cup of the whipped topping. Stir in ¾ cup of the strawberries. Pour into pie crust; chill until firm, about 15 minutes.

►**Whisk** pudding mix into milk. Fold in 1½ cups of the whipped topping. Stir in remaining strawberries. Spread mixture over gelatin in pie crust.

►**Chill** until set, about 2 hours. Garnish with additional sliced strawberries. Makes 8 servings.

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The Cool Whip®/Keebler® Ready-Crust® Recipe Series

continued from page 190

restaurant choices. The city of Orlando also has many large and small hotels.

Avoid Easter, Christmas, and Washington's Birthday. Crowds reach an all-time high during these holidays.

Go during slack times. Early June, post-Labor Day through November (but avoid Thanksgiving week), and the first three weeks of December are ideal. The only drawback is that the parks close earlier, so you may miss some special activities. In the summer, Mondays through Wednesdays are busiest at the Magic Kingdom, while Fridays and Sunday mornings are slowest.

Get a jump on the action. Arrive at the Magic Kingdom or Epcot 30 to 45 minutes before the 9 a.m. opening so you can sample popular attractions before crowds and temperatures begin to grow. During busy seasons, Disney World frequently opens before stated times.

Start at the back of the park, where lines will be shortest, and work toward the front gate. Make dinner reservations at Epcot early in the morning. Leave afternoons for shopping, sports, and resting. To avoid long lines, enjoy park attractions while others eat. The busiest times are 11 to 2 for lunch and 6 to 9 for dinner.

Visit the newest attractions. Disney bills Typhoon Lagoon as the world's largest water park. Snorkel with sea creatures, including sharks; surf 6-foot waves; and zoom down a huge Disney-made watershed mountain with roaring streams and eight water slides.

Body Wars whisks visitors along a nerve-tingling, plunging ride through the human body at Epcot's new Wonders of Life pavilion.

At day's end, drain any leftover energy at Pleasure Island, a complex of nightclubs, shops, and restaurants that includes a rock-and-roller rink, a nonalcoholic teen video-dance club, and a 10-screen movie theater.

Best bets for kids at Disney-MGM Studios. Youngsters especially like the Great Movie Ride past audio-animatronic scenes from favorite films, although a surprise attack by an Alien creature may frighten the youngest. Catch the Epic Stunt Theater and watch special-effects demonstrations at the Monster Sound Show.

Read a basic handbook. Steve Birnbaum's *Guide to Walt Disney World* (Avon Books & Hearst Professional Magazines, Inc., $9.95) contains good information. Or write for booklets from ***Walt Disney World, Guest Information, Dept. BHG, P.O. Box 10040, Lake Buena Vista, FL 32830-0040.***

WATER PARKS

Kids need light plastic sandals at some parks so they don't burn their feet on hot pavement. Take dry clothes for the trip home.



THE WALT DISNEY COMPANY 1989

Typhoon Lagoon has made a big splash with Disney World visitors since its 1989 opening.

DISNEYLAND

Disneyland turns 35 this year, and the mother of all theme parks is out to prove its kingdom still has that magic. Look for special parades and fireworks during the yearlong celebration. Computers will select ticket buyers to receive thousands of prizes, ranging from hand-held games to automobiles.

There's lots for teens to do, from the Videopolis Dance Club to last year's addition, Splash Mountain. One of the advantages Disneyland offers over Disney World is that rides and attractions are concentrated in one spot, not scattered among three major areas. One-day passports cost $25.50 for adults and $20.50 for children 3 to 11. Check with your travel agent for special packages, or write ***Disneyland Admissions, P.O. Box 3232, Dept. BHG, Anaheim, CA 92803; 714/999-4565.***

UNIVERSAL STUDIOS

Lights. Camera. Action! At Universal Studios Florida, you'll have stars in your eyes. You can bike high above Los Angeles with E.T., zoom *Back to the Future*, and climb aboard a boat doomed for an encounter with Jaws. Steven Spielberg served as creative consultant for this park that tantalizes visitors with rides and shows designed to bombard the senses and a movie back lot with 51 sets. Kids get a kick out of auditioning for an actual Nickelodeon Network Production. Unlike its Hollywood counterpart, a perennial hit with movie fans, the Florida park doesn't confine you to a tram ride. Instead, you are free to explore at leisure.

One-day tickets cost $29 for adults and $23 ages 3 to 11, plus tax. ***Universal Studios Florida, 1000 Universal Studios Plaza, Dept. BHG, Orlando, FL 32819; 407/363-8000.***

continued on page 194



THE WALT DISNEY COMPANY 1989

Enjoy a bird's-eye view of Disney World, gliding past such attractions as Spaceship Earth.

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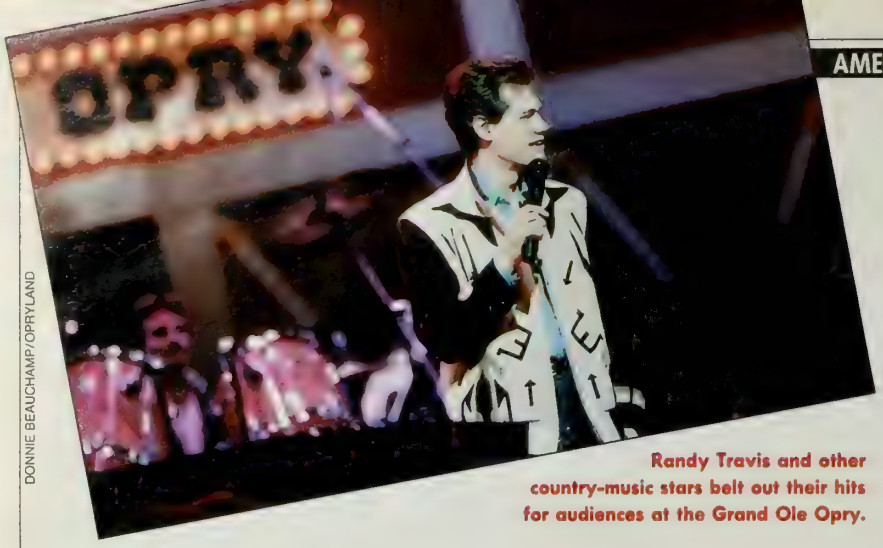
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DONNIE BEAUCHAMP/OPRYLAND

Randy Travis and other country-music stars belt out their hits for audiences at the Grand Ole Opry.

continued from page 192

OPRYLAND

Nobody plays it, sings it, or hoofs it with more heart than the people of Opryland, unchallenged center of the country-music universe.

Learn the layout. Located nine miles northeast of downtown Nashville, the Opryland USA complex covers the Opryland show park, the Grand Ole Opry (shows each weekend plus weekday matinees in summer), the General Jackson showboat for dining and musical entertainment, the Opryland Hotel, and TNN—The Nashville Network, which tapes its TV shows there.

Opryland features nine folksy theme sections with rides, shows, and eateries—from the Country Bumpkin Bumper Cars in the State Fair area to Little Deuce Coupe, the rock-and-roll geodesic dome in Do Wah Diddy City. Go early or late to avoid lines at the popular Old Mill Scream, where the huge splashdown of boats drenches passengers and watchers alike. Dare the bravest in the family to try Chaos, an eight-story, indoor roller coaster that uses nonstop audio, video, and special-effects tricks for mind-bending thrills.

Beat the crowds. Go weekdays in early June and late August; the park is busiest on Saturdays. In midsummer, stick around for the quieter evenings.

Just for kids. Take your toddlers to Big G Kid Stuff supervised play activities and shows at The Laughing Place, in the Riverside area. You'll find more kiddie rides near the Lakeside area.

Not a country-music fan? Opryland's singers belt out a bit of everything, from Broadway tunes to rock, in 10 stage productions throughout the park.

Save on tickets. The Opryland USA passport admits you to all attractions for 20 percent off the regular price.

Cut lodging costs. At the huge and opulent Opryland Hotel, inquire about the Family Plan, as well as special vacation packages. Rates sometimes drop the last two weeks of August.

Lodgings and campgrounds for all budgets are available in the Nashville area. Check Hal Gieseking's *Opryland USA* (McGraw-Hill, $8.95) for descriptions, or call major hotel chains.

For more information. ***Opryland USA, 2802 Opryland Drive, Room 0102, Dept. BHG, Nashville, TN 37214; 615/889-6611.***

SIX FLAGS

If your kids go Looney Tunes over fast, scary rides, Six Flags has it all. This chain of seven parks across America features Bugs, Daffy, and other cartoon characters in large kiddie play areas, but the real theme behind all Six Flags parks is big thrills.

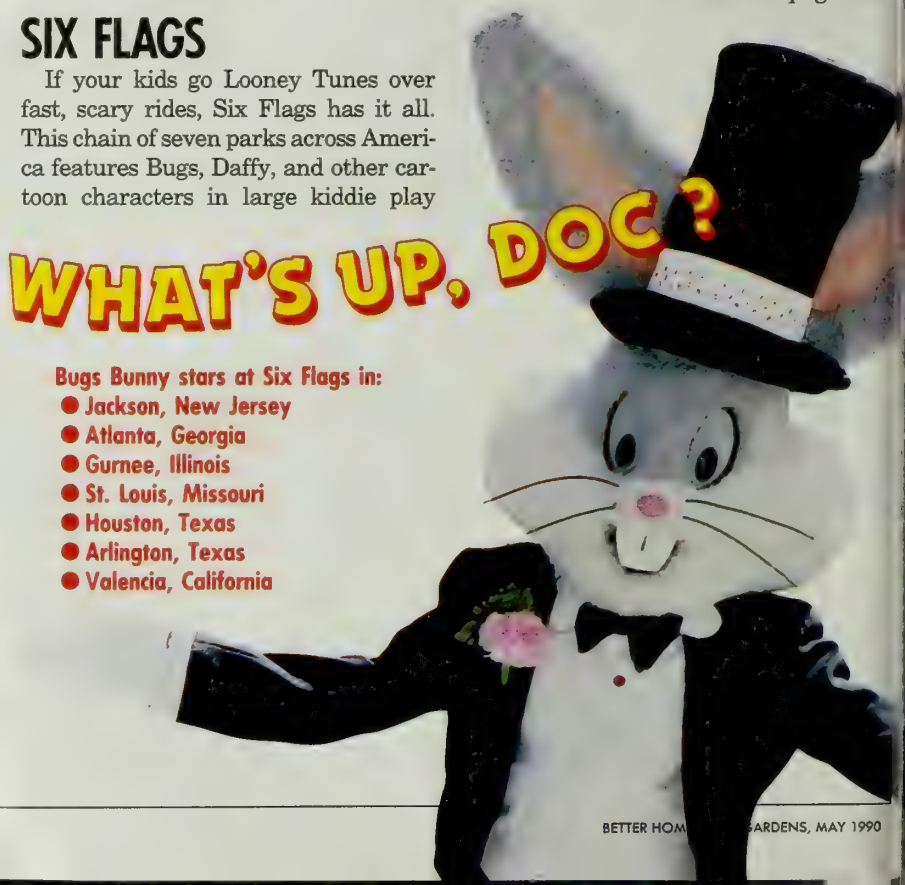
At Six Flags Magic Mountain in Valencia, California (***805/255-4100***), this year's diabolical new Viper will challenge riders with loops, a boomerang, and a corkscrew. The Ninja at Six Flags in St. Louis (***314/938-5300***), dubbed the black belt of roller coasters, reaches speeds of 60 mph, while Six Flags Great Adventure in Jackson, New Jersey (***201/928-2000***), claims the Great American Scream Machine, a towering, bullet-fast looping steel coaster.

Six Flags Great America in Gurnee, Illinois (***708/249-1776***), boasts an Olympic-style bobsled run called Rolling Thunder. Six Flags over Georgia near Atlanta (***404/948-9290***) lets would-be astronauts experience the Looping Starship, a giant shuttle that makes ever-widening arcs until it executes several stomach-churning circles.

You'll receive thrills galore from the Ultra Twister at Six Flags Astroworld near Houston (***713/799-8404***), and from the Flashback at Six Flags over Texas in Arlington (***817/640-8900***). There, you'll ride an exhilarating roller coaster route, then repeat it, backwards.

Ticket prices and schedules vary, so check with each park directly.

continued on page 196





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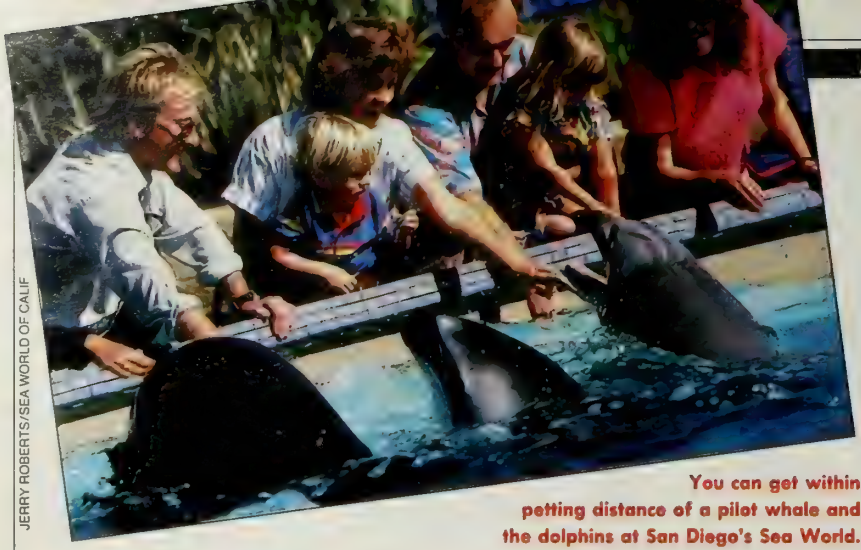
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JERRY ROBERTS/SEA WORLD OF CALIF

You can get within petting distance of a pilot whale and the dolphins at San Diego's Sea World.

continued from page 194

SEA WORLD

Want to relax in a theme park with no roller coasters, no heart-stopping water slides—in fact, no terrifying rides at all? Then head for Sea World, where you can sit back and watch a fascinating wonderland of trained animals. Each of the four Sea World parks is home to many thousands of marine creatures, including Baby Shamu and other killer whales that perform their acrobatic feats with awesome grace. You'll find scores of observation and petting areas, extravagant shows, and a Cap'n Kids World play area. Yet every Sea World also floats its own specialty. Call each park directly for ticket information and hours.

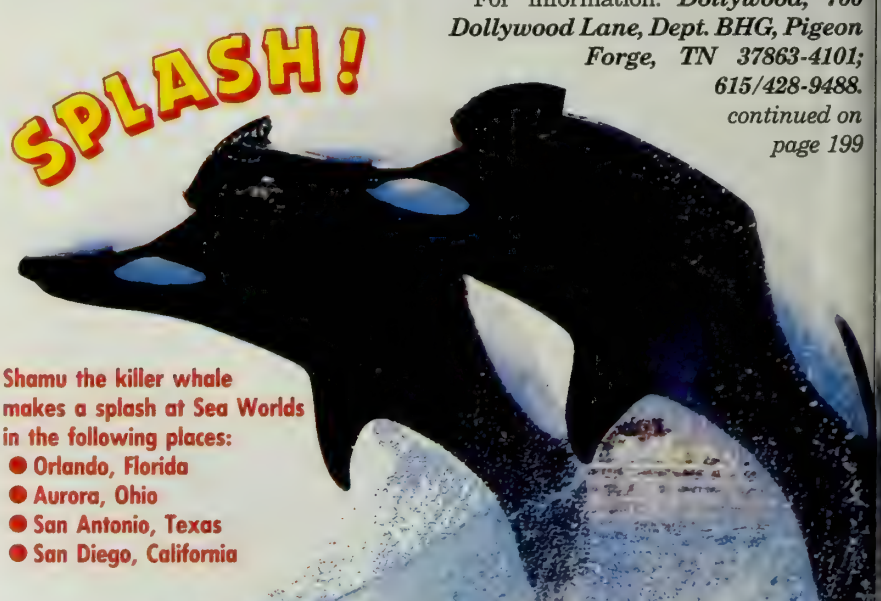
BE PREPARED
Pack strong, waterproof sunscreens, sunglasses, and hats, plus juice boxes and snacks for fast refueling.

Sea World in San Diego, California, presents an urban-life musical show with world-class skateboarders and BMX riders, all set inside a mock city neighborhood. The park also hosts the earth's largest exhibit of penguins in a re-created Antarctic environment. *619/226-3901.*

San Antonio, Texas, boasts the largest Sea World, complete with a huge botanical garden that showcases a special area known as the Texas walk, a one-acre scale map of the United States, plus 5-foot-high replicas of classic children's books. For information call toll-free *800/422-SWTX.*

At Ohio's Sea World, in the Cleveland suburb of Aurora, visit the Woods Arena entertainment area where you can watch a variety of performances, ranging from the Canadian Lumberjack Show to the High Dive and Gold Rush Ski Shows. For information, call *800/63-SHAMU.*

Catch a fast course in oceanographic research at the "Window to the Sea" multimedia presentation at Sea World of Florida in Orlando. Guests are guided through a journey to the ocean depths aboard a research submarine searching for sharks. Skiing performances also highlight the Florida park, with both a waterskiing show on its 17-acre lagoon and a troupe of champion snow skiers who flip through the air from a three-story ski ramp—and actually land in the audience. For information: *407/351-3600.*



Shamu the killer whale makes a splash at Sea Worlds in the following places:

- **Orlando, Florida**
- **Aurora, Ohio**
- **San Antonio, Texas**
- **San Diego, California**

HERSHEYPARK

Hungry for wild rides, live performances of bebop rock, high-calorie treats, and walking candy bars? Head for Hersheypark in Hershey, Pennsylvania, to find all this and a special Kaptain Kid's Kove of kiddie play activities and rides. Hersheypark is unveiling several new attractions for 1990—a 105-foot-tall Flying Falcon ride, three new youth rides, and an arcade.

Call the park for admission prices and hours: *800/437-7439.*

DOLLYWOOD

If you're bound for the Great Smoky Mountains, stop at nearby Dollywood, Dolly Parton's country quilt of old-time music, crafts exhibits, and rides that meet the park's "family together" philosophy by entertaining big kids without terrifying younger ones. From the Blazing Fury indoor roller coaster to the fast twists, turns, and tunnels of the new Thunder Express, most of the park's rides are designed for all ages.

You'll also find children's rides, more than 20 live performances of country and bluegrass music, glassblowing, blacksmithing, candlemaking, and other traditional crafts.

The park's Come After Three P.M.—Next Day Free ticket is a real bargain. Admission is $16.99 for adults, $13.99 for 60 and over, and $11.99 for kids 4 through 11, plus tax. Dollywood is closed Thursdays in the spring and fall.

For information: *Dollywood, 700 Dollywood Lane, Dept. BHG, Pigeon Forge, TN 37863-4101; 615/428-9488.*

continued on page 199

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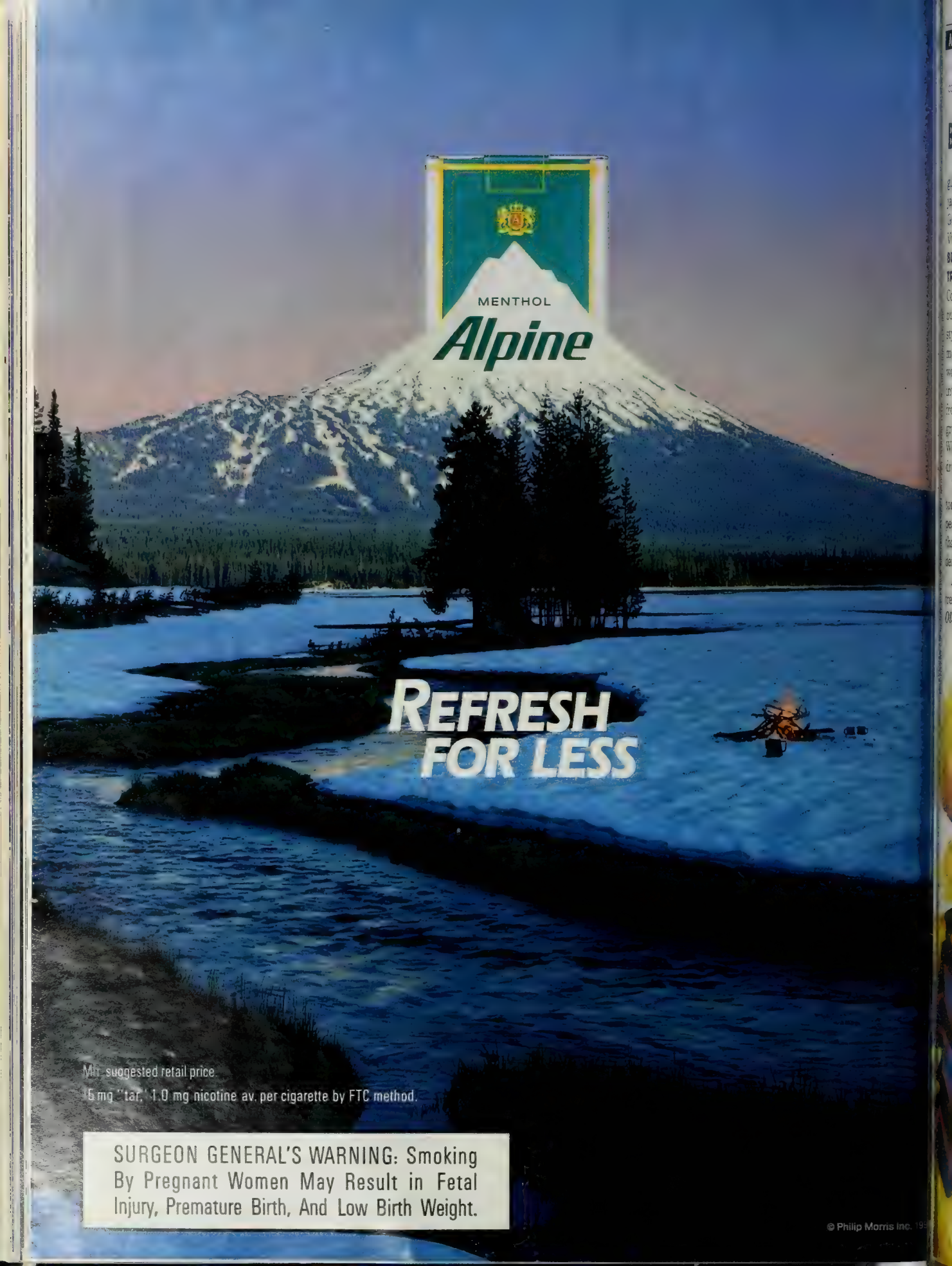
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continued from page 196

BUSCH GARDENS

Grab a taste of old-style Europe, a glimpse of the African wilds, and a jaunt on wet and wild rides at Busch Gardens theme parks in Williamsburg, Virginia, and Tampa, Florida.

BUSCH GARDENS, THE OLD COUNTRY: Plunge into the past at The Old Country, three miles east of Williamsburg. You'll find eight theme areas styled after villages in England, Germany, Italy, and France. Look for old-world crafts items and regional goodies interspersed with more than 30 rides—from the Loch Ness Monster's 360-degree interlocking loops to the Big Bad Wolf, a suspended roller coaster that drops 80 feet to the "Rhine River."

This season's new thrill is the Questor, a fast-paced fantasy ship that appears to bore through solid earth, fly through the air, and propel itself underwater via special-effects technology.

Admission is $20.95; 2 and under are free at all parks. ***Busch Gardens, The Old Country, One Busch Gardens Blvd., Dept. BHG, Williamsburg, VA 23185-5664; 804/253-3350.***



Kids love seeing Big Bird, Bert, and Ernie at Sesame Place.



The Corkscrew, one of nine roller coasters at Cedar Point, thrills riders as it loops over the midway.

DAN FEICHT/CEDAR POINT

BUSCH GARDENS, THE DARK CONTINENT: One of the top zoos in the nation, Busch Gardens in Tampa has more than 3,300 animals and breeding programs for endangered species as well as eight theme areas based on Africa. Travel by monorail to see more than 500 head of big game roaming across an African plain.

Stop off to shop, dine, and watch the show in the walled city of Morocco, or raft the rapids in The Congo, where you can also see rare white Bengal tigers.

For a different type of adventure, try the new Tanganyika Tidal Wave, a jungle water safari that ends with a drenching, 55-foot drop into a lake. You can leave the ride early for a lush, tropical nature walk.

Admission is $23.95.

ADVENTURE ISLAND: Safari one-quarter mile beyond Busch Gardens, to the pools, beaches, and giant slides of Busch Gardens' Adventure Island water park. Tube your way down 450 feet of turns and tunnels on the Barratuba, catch a wave at Endless Surf, or float on the Rambling Bayou. New last year: Water Moccasin, a speedy ride through translucent tubes, and Fountain of Youth, a slide and water-play area for younger children.

Admission costs $14.95. ***Busch Gardens and Adventure Island, P.O. Box 9158, Dept. BHG, Tampa, FL 33674-9158; 813/988-5171.***

RIDE RIGHT
Pay attention to posted age and size restrictions. They're designed to protect your child from possible injury and shouldn't be ignored.

SESAME PLACE

Even kids too old for Big Bird, Bert, and Ernie will get a bang out of Sesame Place in Langhorne, Pennsylvania. This play park for children ages 3 to 13 contains a raft of water rides, science exhibits, computer games, and other treats set against the buoyant backdrop of Sesame Street. Younger children go wild at the sight of their favorite characters wandering around an outdoor replica of the famous street or performing in the new *Big Bird & Company* musical revue. There's a preschool playground, too. Older kids will head for Runaway Rapids, Slippery Slopes, and some 40 other attractions.

Sesame Place is open from mid-May through mid-October. Call for prices. ***Sesame Place, P.O. Box L579, Dept. BHG, Langhorne, PA, 19047; 215/752-7070.***

CEDAR POINT

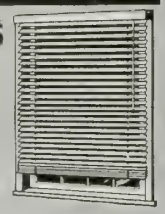
Rides are the reason to visit Cedar Point in Sandusky, Ohio, which rates a *Guinness Book of World Records* listing for the highest, steepest, fastest roller coaster in the universe. And that's just one of the nine stomach-wrenching roller coasters. Between coaster and white-water thrills, catch a live show featuring the Berenstain Bears, see performing chimps and dolphins, or ride the antique carousels.

Admission ranges from $10.95 to $19.95, depending on age and rides you choose. Contact: ***Cedar Point, Marketing Department, P.O. Box 5006, Dept. BHG, Sandusky, OH 44871-8006; 419/627-2213.***

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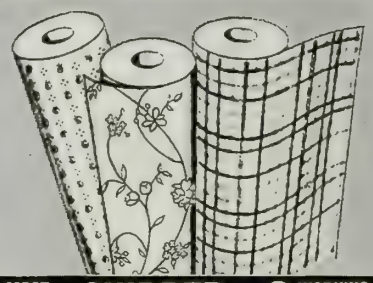
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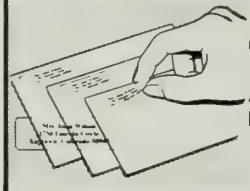
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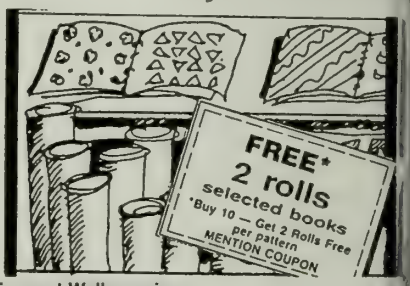
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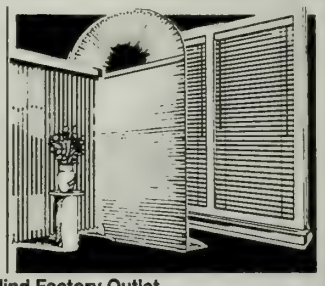
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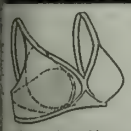


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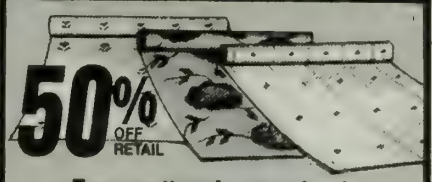
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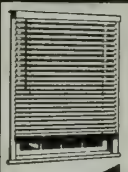
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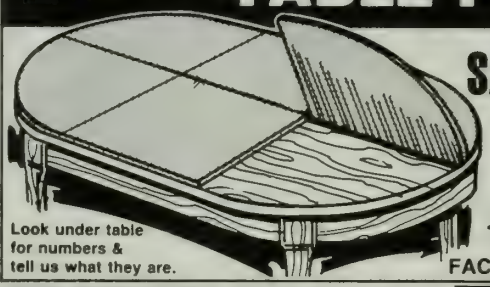


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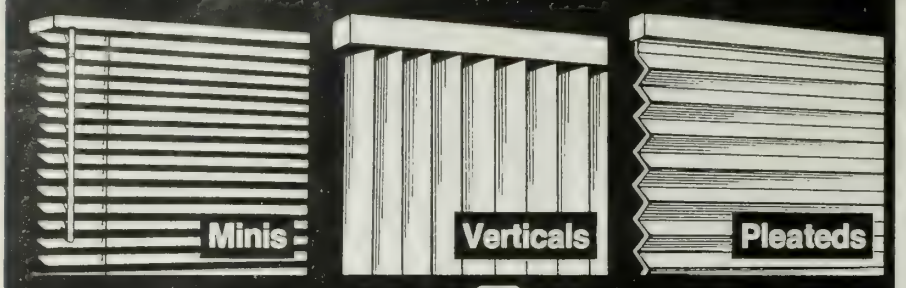
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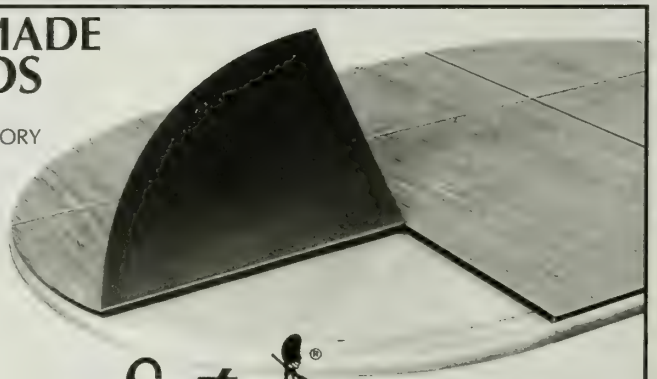
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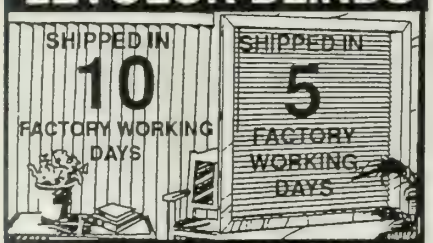
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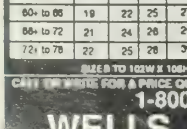
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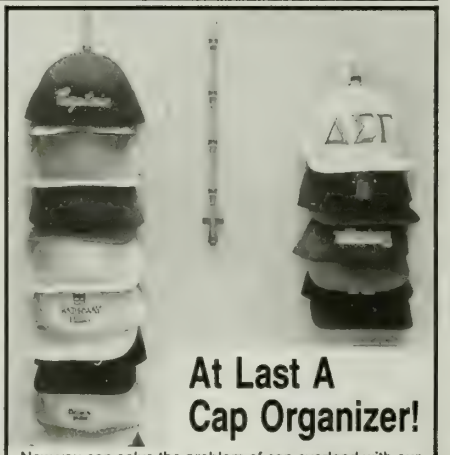
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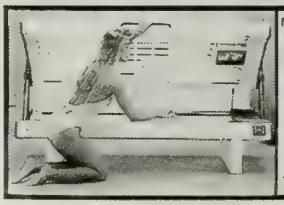
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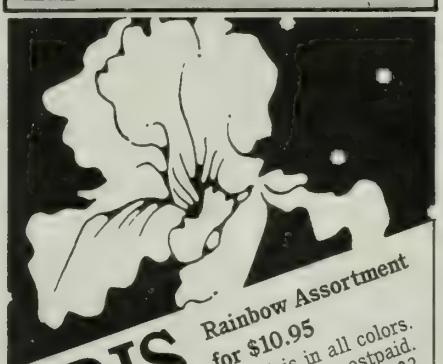
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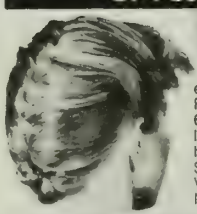
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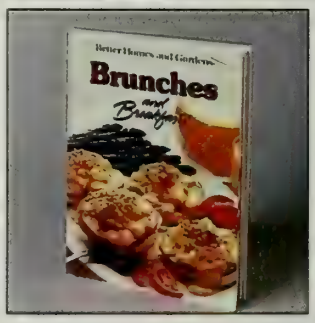
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THE MAN NEXT DOOR®

■ A parent's ultimate revenge, says Grandma Hillis with a sly smile, is spoiling grandchildren.

■ If you think life isn't cruel, notes our Aunt Opal, just try finding a parking place within a block of the post office on a rainy day.

■ The perfect flea market item, says expert Chris, is something that you want desperately but need not at all.

■ Ken Floyd observes that a business convention gathers together a group of individuals with one thing in common: an expense account.

■ "The trouble with saving up for a rainy day," says Elaine Cowen, "is that you're always tempted to spend on the forecast of bad weather."

■ What's wrong with me? I pore over those ads for record clubs—"Pick ten for a penny!"—but can never find 10 selections I want.

■ "Newspaper circulation would drop 25 percent," estimates editor Earl Reeves, "if the sports scores and weather forecast didn't roll across the TV screen so quickly."

■ Liz Randall, mother of five, says the FBI has nothing on her when it comes to tracking down the owner of a set of fingerprints—especially when they are on a freshly repainted wall.



"Squirt guns don't squirt people, Mom. People squirt people."



"By golly, your're right lady! We don't sell plain rice anymore."

■ Bill Minchin says that the surest sign of spring is not when the bluebirds return to the feeders but when the barbecue grills return to the patios.

■ "The worst thing that can happen to you," warns The Rev. George Hall, "is to have your dreams come true."

■ "When I was a kid, it seemed as if all the movies were geared toward adults," grumps Ned Carter. "And now that I'm an adult, all the movies are geared toward kids."

■ These days, I find myself getting more health advice at the supermarket than I do at my doctor's.

■ "Microwave ovens would save even more time," notes Chris, "if they could get kids and husbands to decide what they feel like for dinner."

■ If April showers bring May flowers, I've concluded that May flowers must bring June weeds.

■ Our Rosemary writes from college with an idea to spur library usage: "Just start giving people final exams every few months."

When Aunt Opal came over for dinner one night last week, Burt, Jr., took her out to the kitchen and showed her our new recycling center. He helped me build the compartmented rack, made to Chris' specifications to fit nicely into an out-of-the-way corner. Each compartment holds a sack into which we separate our recyclable and nonrecyclable trash according to town guidelines.

"It took only a few days to get used to," Burt, Jr., explained, "but now it's easy and it's neat."

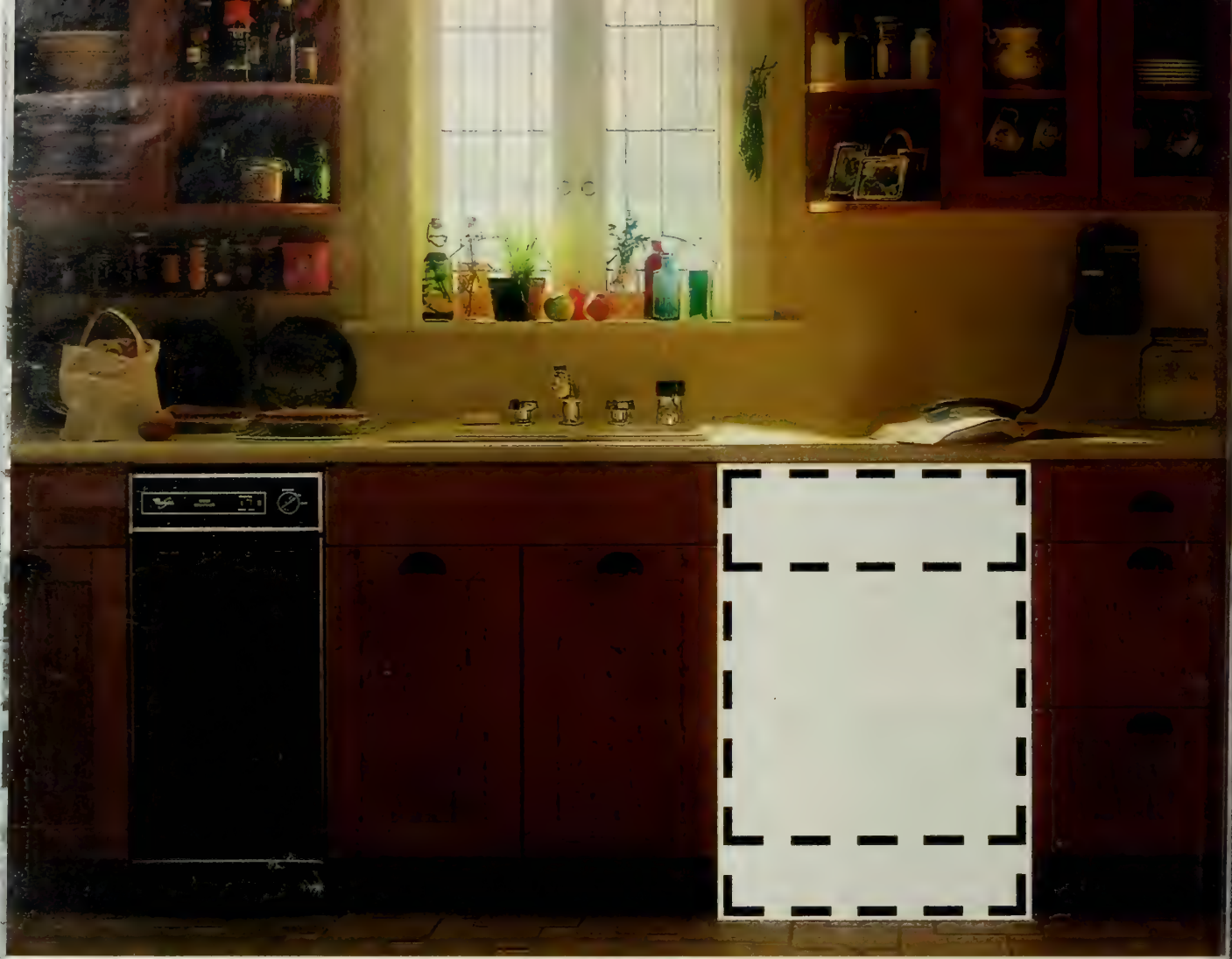
In his eagerness, the lad asked Aunt Opal if she recycled, too.

"Oh, yes," she replied with a smile. "In fact, I'm way ahead of you." And to Burt, Jr.'s, quizzical expression she explained:

"Well, you know, now that I'm retired, I spend one day a week working as a volunteer at the Red Cross, and I spend three mornings a week as a volunteer at the hospital.

"I'm recycling myself!"

Burton Hillis



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ON THE COVER

What's More Important—Your Marriage or Your Kids? 18
Backyard Fun—30 pages of outdoor living ideas 50
10 Sizzling Barbecue Recipes 123

FOR YOUR HOME

Home Style *Make a splash* 10
1990 Home Improvement Contest
You can win more than $100,000 172

THE GREAT OUTDOORS

Tiny Urban Oasis *Privacy in a small yard* 50
Up on the Roof 66
Serene Hideaway *Backyard solitude* 71
Gazebos to Build 78
Narrow Escape *Side-yard retreat* 81
Pool Safety 88
Winning an Uphill Battle *Cope with a slope* . 91
Classy Courtyard 97
At Your Leisure *Outdoor furniture* 100
Outdoor Furniture Upkeep 103
Patio Wraps *Fabrics for outdoor furniture* 104
Build Your Own Puttering Shed 112
Gardener's Almanac 118

continued on page 4



A backyard oasis, page 50

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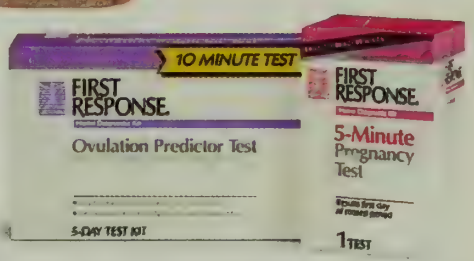
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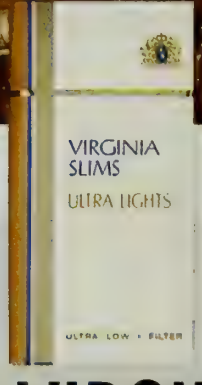
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HAVE YOUR NEXT REUNION ON US

DEAR READERS,

As I hope you've noticed over the last few years, we at *Better Homes and Gardens®* magazine have been encouraging you to hold family reunions. We've published articles on how to organize a family reunion, as well as several major food features with great recipes for family gatherings and recipes from family reunion cookbooks.

In our March issue we offered to send you a free family reunion planning guide. If you missed that offer, you can still get one. Write to FAMILY REUNIONS, P.O. Box 9214, Des Moines, IA 50306. Ask for the "Gathering the Generations" planning guide.

Next month, you'll see a major feature in our magazine with some interesting ideas for different types of reunions you can organize, and in August, still more great family reunion recipes.

We're obviously dedicated to the notion that family reunions are a good thing. And, who could argue with that? A strong sense of family is at the heart of American life. As Dr. Uri Bronfenbrenner, a noted family psychologist, says, "I can think of nothing better for nurturing both children and adults than a loving family."

"I CAN THINK OF NOTHING BETTER FOR NURTURING BOTH CHILDREN AND ADULTS THAN A LOVING FAMILY."

If all of the above hasn't stimulated you to start thinking about a reunion for your family, we have a deal for you in this issue that should push you over the edge. We're giving you a chance to take your family on a reunion trip to a fabulous resort, absolutely free! The resort is The Sagamore at Bolton Lan ing on Lake George in New Yor Here's a quote from their brochur "The rugged majesty of the Adiro dacks. The shimmering beauty of La George. And, in the center of it all, Th Sagamore's own private island. Her far from the distractions and pressur of everyday life, is the ideal site f your most exclusive gatherings."

Well, what gathering could be mo exclusive than your family r union? If you win, your fami can chose either the weeker of June 28–30, 1991, or Augu 23–25, 1991, for your get-t gether at The Sagamore. We fly up to 50 family membe from the airport nearest the home to Albany, New Yor then, by bus, they'll arrive the resort in time for dinn Friday night. All meals and a commodations are free, inclu ing a banquet on Saturd night and brunch on Sunda Then, everyone will bus ba to Albany and fly home.

Now do we have your atte tion? There are lots of oth prizes you can win as well, chosen make any family vacation you pl more fun. For details, see *page 116.*

It doesn't take much to enter. Pi up a form at any participating sup market or just send in a 3×5 card fill out according to the rules. Costs le than the lottery (a 25-cent stamp) a the odds are a lot better. Go for it!

David Jordan

David Jordan, Editor in Ch

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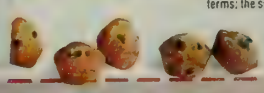
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HOME S·T·Y·L·E

Best Bets for Better Homes

BY
JIM WILLIAMS, JILANN SEVERSON, AND NANCY HALL

MAKE A SPLASH!

Dive right in— the selection's fine. Pick any of these summertime finds for a splish-splashing good time.







WAVE REVIEWS

Ahoy, maties! On ship or shore, this handcrafted plate will get things rolling. Suggested retail: $16. *"Wave" dinner plate, Vietri, Inc., P.O. Box 460, Hillsborough, NC 27278; 919/732-5933.*

SNAKES ALIVE!

Ps-s-s-s-s-t . . . Imagine the frolic and fun when this slithery serpent air raft goes along to the beach or pool. Suggested retail: $50. *"Snake Raft," Splashware, 22 Second St., San Francisco, CA 94105; 415/332-9311.*

KIDDY CARP

This little fishie's out of water, and having a whale of a time as a kid's seat or step-up stool. Suggested retail: $37.50. *"Fish Stool," Squiggles and Dots, P.O. Box 870, Seminole, OK 74868; 405/382-0588.*

continued on page 12

PHOTOGRAPHS: PERRY STRUSE



Introducing a whole family of whole-lemon lemonades.

We use the goodness of the whole lemon to make new Fresh Recipe Lemonades. Because that's what you use when you make fresh squeezed. Juice from the heart, a spritz from the peel— everything pure, simple, 100% natural. And to that we've added just a whisper of lime or cherry for two new flavors as delicious as the summer is long.

Stir up a little fun this summer with Citrus Hill® Fresh Recipe™ Lemonades.

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HOME S·T·Y·L·E



SPLASHY TUMBLERS

Ripple-textured glasses in a variety of colors will go along swimmingly with any of your summertime dishware. Suggested retail: $32 each. *10-oz. Highball glass, Weisbach Glass, 2377 San Jose Ave., San Francisco, CA 94112; 415/585-5652.*



OCEAN BLUE

Shades of the sea. Waves of blue give deco styling to this 24-inch-tall floor vase. Suggested retail: $140. *"Metropolis Arch" vase, The Pilgrim Glass Corp., 250 Moonachie Ave., Moonachie, NJ 07074; 201/641-2600.*



HEAD 'EM UP, MOVE 'EM OUT!

Rollin', rollin', rollin'. Keep this party rollin'—outside! The original Particart Hot Cart keeps hot things hot, cold things cold, and everything in its place. Suggested retail: $839. *Particart Products, 1235 Hickory St., Pewaukee, WI 53072; 414/691-9273.*

UNDERWATER PICKS

Snap those turtles, toes, and bubbly antics with Kodak's new water-resistant single-use camera. When the fun's done, just take the whole camera in for development. Suggested retail: $13.95. *"Weekend 35" camera, Eastman Kodak Co., 343 State St., Rochester, NY 14650.*



continued



Now brown rice is as convenient as it is good for you.

MINUTE® Instant Brown Rice. Ready in just 10 minutes, instead of 45.

As fast as people are discovering the mild, nutty flavor of MINUTE® Instant Brown Rice, they're discovering how easy it is to make. It's faster than regular long cooking brown rice because it's steamed to shorten your cooking time. And all natural, whole grain MINUTE® Instant Brown Rice is a natural source of rice bran. With MINUTE® Instant Brown Rice, the great taste of brown rice is just 10 minutes away.

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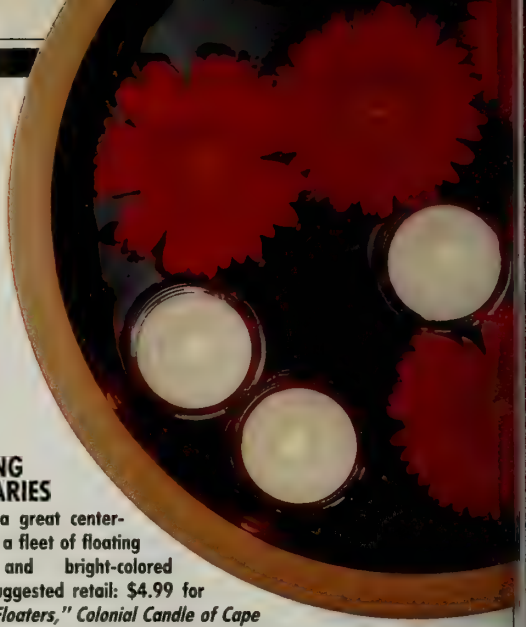
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HOME S·T·Y·L·E

REEF WARRIORS

Can't walk on water? These amphibious boat shoes will make the alternative much more comfortable. Suggested retail: $65. *"Reef Warrior" shoes, Omega Corp., P.O. Box 424, 130 Condor St., East Boston, MA 02128; 617/569-3400.*





FLOATING LUMINARIES

Launch a great centerpiece with a fleet of floating candles and bright-colored blooms. Suggested retail: $4.99 for six. *"The Floaters," Colonial Candle of Cape Cod, 232 Main St., Hyannis, MA 02601; 508/771-3916.*



OUTDOOR VIEWING

This tiny take-along 4-inch color TV keeps you up on the soaps while you're watching the waves and catching some rays. Suggested retail: $450. *TV8500, Casio, Inc., 570 Mt. Pleasant Ave., P.O. Box 7000, Dover, NJ 07801; 201/361-5400.*

SHOWER POWER

Rub-a-dub-dub, there's fish in the tub! Nature lovers won't mind sharing their shower with these flippy friends. Suggested retail: $29.95. *The Nature Company, P.O. Box 2310, Berkeley, CA 94702; 800/227-1114.* BH&G



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Of course, if you have any questions, just call the GE Answer Center® service at 800-626-2000. You'll find they're open, even when the SpaceCenter 25 isn't.

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READERS' COMMENTS AND SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

TOP TALKING, PLEASE!

A lady in our community does not know when to stop talking. If she starts a conversation with someone, it can last for 20 minutes or more while she relates every little detail. If she is in a meeting, she will hold up the proceedings by telling of her experiences. People groan inwardly. We do not know what to do to change the way she acts. We need help.

Kenneth Mortonson
Macomb, Ill.

LEARNING TO PHONE HOME

As a mother and day-care operator I understand the importance of every child's learning his or her telephone number in case of an emergency. With my own children, I found that singing the number, as we all sang the alphabet in grade school, made it easy to remember and quick to learn. Any catchy tune will do the trick.

Robin Rivas
Ashton, Idaho

I'M GONNA WRITE MYSELF A LETTER

Before every vacation, I promise myself that I will keep a daily record to help us remember all the things that happen. The diary quickly settles to the bottom of the suitcase, and the memories go unrecorded. Last year, however, the journal was completed. Each day as I wrote postcards to friends, I sent one home to myself. When we returned, the daily diary awaited.

Carol Nordstrom
Portage, Ind.

HIGH STYLE FOR A TEEN'S TOES

When their 13-year-old son asked for an $80 name-brand pair of tennis shoes, our relatives told him their budget was only $30. He could either buy shoes for $30 or earn the difference himself. He went an entire school year with his old tennis shoes, and saved everything he earned from baby-sitting and mowing lawns. Finally, after buying the coveted shoes, he told his parents he was disappointed. He realized that they were, after all, just tennis shoes.

Patricia Behnke
High Springs, Fla.

TOGETHERNESS TO GO

My husband leaves for work before our children, ages 2 and 4, wake up in the morning and often returns after they're asleep. We've found a fun way for all of us to get together for at least one meal a day: pack a picnic lunch and meet Daddy at a park for lunch hour.

Mindy Daum
Decatur, Ill.

SLAM DUNKING THE DOOR

I think the door-removal "solution" mentioned by Miriam Brodbeck last fall for a granddaughter's door-slamming display of emotion could create a larger problem. I believe everyone has feelings, and everyone has a right to display them in a way which is not harmful to others.

Leslie A. Meisner
San Jose, Calif.

FLYING THE FLAG OF WAR

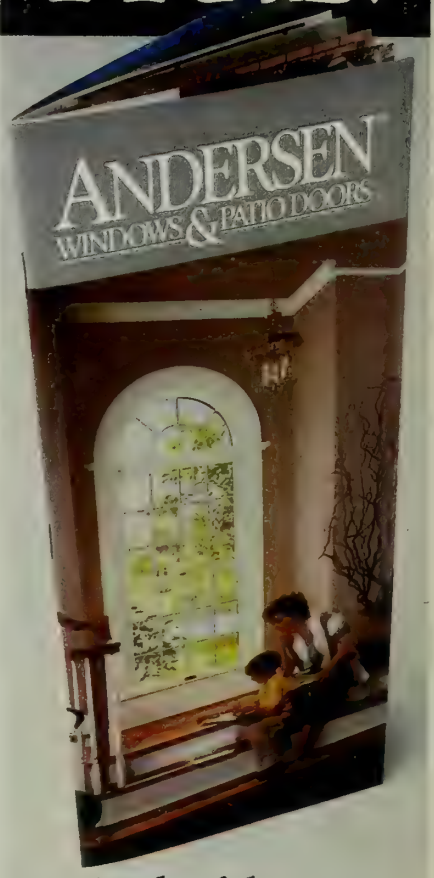
When my children were younger and bickering a lot, I solved the problem by stitching a black flag that read, "Our Children Are Fighting." When they started in, I'd hang the flag on our front door. It worked like a charm.

Claudia Moore
Albany, Calif.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

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CREATING A PARENT-CENTERED FAMILY

To raise happy kids, make your marriage the centerpiece of the family.



BY JOHN ROSEMOND

The advice I give parents on how to raise happy children may seem like heresy. But I believe it's sound: Pay more attention to your marriage than you pay to your children.

If you are a single parent, the advice is similar: Pay more attention to *yourself* than you do to the kids.

Building a child's self-esteem is desirable, but building the whole family's self-esteem is most important of all. By ordering priorities properly within the family, you virtually guarantee your children's happiness.

MEET YOUR OWN NEEDS FIRST

Although it sounds controversial, my advice is based on one of life's more commonsensical realities: You cannot meet the needs of another person regularly unless you meet your own needs. Whether single or married, you cannot parent successfully from a position of self-denial and self-sacrifice. This makes it vital, for the sake of *everyone* in the family, that parents take full responsibility for their own needs—social, professional, and recreational.

In many of today's American families, children sit at center stage, receiving too much attention and too many material things. When parents act as if children come first in the family, they guarantee that those children will become manipulative, demanding, and unappreciative of things done for them.

As children enter the family, it's easy to let the roles of husband and wife recede into the roles of mother and father. When that happens, the original commitment to one another as husband and wife begins to break down.

As this shift in roles occurs, you may be tempted to measure your own self-esteem by how well behaved your children are and by how well they perform academically and socially.

Because child-related concerns have little to do with marriage, you may find that the communication achieved before you had children is disintegrating.

A RULE THAT HELPED OUR FAMILY

My wife, Willie, and I found ourselves in a communications gap a number of years ago. We had organized our family around the needs of the children. In the process, we had neglected our own needs. Once we realized this and made the decision to correct it, we found that setting the family right-side up was not difficult.

The first thing we did was make the following rule: For 30 minutes after Willie and I got home from work, the children were not allowed in the den, kitchen, or whatever other room we happened to be in. They were to play in their rooms or outside. That gave us time to unwind and reestablish our relationship. To our surprise, the children quickly adjusted to the rule. They also seemed to enjoy the independence.

Here are several other ways to make time for your marriage and to help your children understand that Mom and Dad's relationship comes first. (Single parents: These apply to you, too!):

Don't allow children to interrupt conversations. Make them wait their turn, preferably in another room.

Create a weekly "parents' night out." Don't let anything except acts of God interfere with the commitment. Every now and then, go off for a weekend without the kids. They need to realize that the marriage is a separate, autonomous entity within the family.

Put children to bed early. Children's bedtime is for *your* benefit.

Once the kids are in bed, reduce distractions that interfere with communication and intimacy. Don't do house or office work after the kids' bedtime. Instead, get back in touch with the feelings that led you to marriage.

Strengthening the nucleus of your family is something you can start today. And once started, it's something you'll need to keep doing every day. Put your marriage first, and it's more likely to last. Put yourself first, and *you're* more likely to last.



—Family psychologist John Rosemond is author of The Six-Point Plan for Raising Happy, Healthy Children *(Andrews/McMeel).*

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GOOD JOBS WITHOUT COLLEGE

Tracking down the right training after high school can lead to a solid job

BY ANDREA ATKINS



Annette Shea could have easily been the prototype for the 1989 hit movie *Working Girl.*

A Wall Street secretary with smarts, savvy, and a winning personality, Annette moved up from junior secretary to executive secretary to assistant stock trader after eight years with Goldman Sachs, a major investment firm. Although traders are usually college educated, Shea never earned a B.A.

"People always ask me, 'Where did you go to school?' " says Shea, 30. "I tell them, 'Goldman Sachs University.' "

Such Horatio Alger stories are rare these days, but employment experts agree that those without college degrees can still find financial success and happiness in today's economy.

SKIPPING THE OLD COLLEGE TRY

"College is not for everyone," says Susan Levering, Ph.D., director of human resources for Branch Electric Supply Co. in Forestville, Maryland. "There are a number of people who have technical and/or mechanical interests or other skills, and we're the kind of company that wants people to use their skills."

Eighty percent of the management staff at Branch started in entry-level positions with a high school education, Levering states. Many of them moved up through the company ranks the same way Shea did: by doing a good job, by learning as they went, and by wanting something better for themselves.

If your child shows no interest in college, don't panic, says John A. Murphy, Ed.D., superintendent of schools for Prince Georges County, Maryland.

"The vast majority of parents have a mind-set directed toward a college education," Murphy says. "But parents have to examine other choices."

There's no doubt that a college education still pays off better than a high school diploma when one considers the salaries of all workers from both backgrounds. The median annual income for someone with a high school education is $18,902, while a college graduate can expect to earn a median income of $31,029 annually, according to the Bureau of Labor Statistics.

But Murphy suggests that people who pursue their true career interests—rather than following dollar signs to college—may reap financial rewards that are just as handsome.

HOW MUCH CAN YOU EARN?

Here's the median weekly income for selected jobs. The median indicates that half the people earned more, half earned less. Source: Bureau of Labor Statistics.

Aircraft engine mechanic	$519
Real estate seller	$512
Electrician	$478
Brickmason/stonemason	$448*
X-ray technician	$422*
Legal assistant	$421*
Computer operator	$342*
Bank teller	$247
Cook	$215*

* indicates expected growth in number of jobs by the year 2000.

THE CHANGING WORKPLACE

"There are jobs out there that pay substantial amounts of money to people who don't have college educations," agrees Curtis E. Plott, executive vice president of the American Society for Training and Development.

Construction trades, machinist and crafts jobs, health technician jobs, and nursing are all open to people without college degrees, says Neal Rosenthal, chief, division of Occupational Outlook for the U.S. Bureau of Labor Statistics.

Murphy adds to the list banking, cosmetology, interior decorating, landscaping, electronics, and the computer and automotive industries.

But a career—not just a job—takes preparation. That's where many American schools fall short, Plott says.

Only about 39 percent of American students go on to four-year colleges, he says. Of the other 61 percent, 42 percent are enrolled in general education programs while only 19 percent decide to take vocational courses.

"Those people often wander around in a school-to-work transition from age 16 to 25, usually heading into dead-end jobs with low wages," Plott says.

Some schools are beginning to re-

continued on page 23

Mickey, Minnie, Goofy, Donald, Bert, Ernie, Oscar, and Big Bird have just arrived at your Sherwin-Williams store



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ntinued from page 21

ond to criticism about the lack of pro-ams for the non-college-bound.

Murphy's schools in Prince Georges unty, for example, have undertaken major vocational program that in-ides training in fields like masonry d automobile sales.

Not only are kids taught the skills ey need for the job, but they're ught the skills they need to *get* the —skills like interviewing, communi-tion, and how to dress.

B vs. CAREER

If your child is railing against col-e, you should encourage an explora-n of careers without college. The goal uld be entry to a field with a future. Here's how to get started:

Spend some time exploring your ld's interests. Look at academic and ial strengths and weaknesses.

For each field of interest, have your ld seriously examine the potential s, advancement, and salaries. here's a difference between a compa-that gives you a job and a company t gives you an opportunity for a ca-r," explains Levering.

Encourage a consultation between r child and the school's guidance nselor, who should have plenty of as for careers. Your child needs to low up with his or her own research, . One good place to start is the Occu-ional Outlook Handbook, which s 200 occupations. Most schools have opy in their guidance office.

Consider a career placement center. ch programs evaluate strengths and aknesses while matching people to ential careers. Plott cautions that eer placement tests are imprecise, d do not ensure a perfect match.

Open your child's eyes to what work-really means. Some companies, like M in Saint Paul, Minnesota, offer h school work/study programs. A h schooler can get a sense of the al world" through such a program, by handling a part-time job.

-THE-JOB TRAINING

Making a post-high-school job into a mising career is more than just k. Here's some important advice you offer your child:

Keep your eyes and ears open. Learn lingo, the procedures, and the people of the industry you've decided to enter. "If you see someone doing a job that interests you, learn through observing, and ask a lot of questions," says Annette Shea, who learned the ropes at Goldman Sachs.

- Loyalty is rewarded. If you stay with the company, people get to know you and your skills. They also see that you are career minded. "It has a lot to do with attitude," Shea says.
- Choose a good company. You'll know it's good if people who have positions of responsibility have been promoted from inside, and if the company provides good benefits for its employees and encourages further training.
- Be prepared to get more training. Plott says more training gives you better chances for increased financial rewards and promotions.
- Don't be afraid to make a mistake. "A mistake is not going to kill you," Plott says. "You always have the option of changing your mind."
- Don't rule out college. Sometimes a college education is more valuable once a person sees how it applies in the workplace, and when that person really wants it.





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Your doctor is the expert who can advise you what medical steps to take. Your Roman Meal baker is the expert who can help you with your nutritional needs. You see, at Roman Meal, we've always made our breads according to sound nutritional principles—not some passing fancy.

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THE AMERICAN MEDICAL ASSOCIATION'S
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YOUR FAMILY NUTRITION GUIDE

CATCHING THE SEAFOOD HABIT

"We should eat more fish, but I never know how to fix it."

"My family loves seafood, but is it safe?"

Sound familiar? Now you can throw away the list of excuses for not eating more fish and shellfish. It's easy to add seafood to your family's meals. You can't afford not to, when it comes to health.

TWO REASONS TO EAT SEAFOOD

1. Most fish and shellfish are low in both total fat and saturated fat. The many lean types of seafood—cod, flounder, haddock, pollack, and most shellfish—contain very little fat per serving. And experts say that cutting back on fat—especially saturated fat—is the name of the game in lowering blood cholesterol levels.

2. The little bit of fat that fish and shellfish provide is special. Much of it comes in the form of oils called omega-3 fatty acids. Simply put, omega-3s are very polyunsaturated oils that are unique to seafood. Although fattier fish—mackerel, salmon, herring, and sardines—are the richest sources, almost all fish and shellfish have omega-3s. New research indicates omega-3s protect against heart disease by interfering with blood clot formation and by impeding the buildup of plaques that can narrow and clog blood vessels to the heart.

FISH TALES DEBUNKED

Some people give up seafood because of widely publicized reports that our supply is not safe. People read about chemicals in game fish, such as crappie and rock bass from lakes in Michigan, then fear the entire fish supply. The real story behind these myths should alleviate your concerns.

MYTH: Chemical contaminants are a big problem in commercial fishing.

FACT: According to a 1989 Food and Drug Administration (FDA) Seafood Task Force Report, most seafood consumed in this country is harvested deep at sea, where waters are clean. It is unlikely that this seafood contains contaminants at toxic levels. Occasional reports of contaminants in fish are usually limited to game fish from polluted waters near industrial waste.

MYTH: A lot of people are getting sick from eating seafood.

FACT: It's simply not true. From 1973 to 1987, finfish and shellfish accounted for only 5 percent of all cases of food poisoning reported to the U.S. Centers for Disease Control. It is true that the risk of illness from eating raw or under-cooked seafood is greater than when eating it adequately cooked. If you choose to eat raw shellfish, make sure it's certified by the Interstate Sanitation Conference. People with any chronic illness, pregnant women, small children, and the elderly should eat only thoroughly cooked shellfish.

MYTH: There is no government inspection program for seafood.

FACT: Of all inspection programs, that of fish and seafood is the least extensive. However, the federal government does maintain three major inspection programs. The FDA regulates seafood, as it does dairy products, baked goods, and produce. The Department of Commerce and the Interstate Shellfish Sanitation Conference operate voluntary programs. Even so, some feel seafood monitoring needs to be improved. The seafood industry supports proposed legislation that would implement a more comprehensive seafood inspection program.

continued on page 27



What's so good about fish? It tips the scale in favor of nutrition and fast cooking. One baked 3-ounce portion of sole tells the tale.

Naturally low in calories—only 80 calories a serving for sole. That's a satisfying way to eat light.

A powerful source of protein. One portion packs 17 grams or 34% of the recommended daily amount.

Skinny on fat. A portion has a mere gram of total fat, and most of that is polyunsaturated.

Strong on omega-3s. Like all fish, sole boasts omega-3 oils that help to prevent heart disease.

A flash in the pan. Baked or grilled, a sole fillet that's ½ inch thick needs only 5 minutes of cooking time.

Fresh flavor. Sole and other whitefish have a mild flavor and delicate texture that blends well with many seasonings.

—By Anne M. Fletcher, M.S., R.D., author of Eat Fish, Live Better *(Harper & Row, 1989), and former executive editor of* Tufts University Diet & Nutrition Letter.


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Bars



ntinued from page 25

SHING FOR THE FRESHEST

The benefits of eating fish outweigh ny conceivable risks. But play it safe hen buying and storing fish so you rve your family only the most whole- me seafood.

Be choosy. Buy only from reputable alers with clean facilities. Ask if eir seafood is certified by the Inter- ate Shellfish Sanitation Conference.

Use your nose. Don't accept seafood ith a fishy or ammonialike smell.

Use your eyes. Look for fish with iny moist skin and clear unsunken es. The flesh should spring back after s depressed.

Heed advisories. If you fish, check ith your local public health depart- ent or fish and wildlife commission to e if any advisories affect your spots.

Keep fish cold. If kept cold enough, an fish will hold in your refrigerator r two to three days. Oilier fish will ep for up to two days. Test your refrigerator to make sure that it is 32 degrees F. or store fish on ice.

● **Keep fish clean.** Handle raw seafood separately from cooked foods or foods that will undergo no further heating. Thoroughly wash any utensils that come into contact with raw seafood.

EAT MORE FISH

To work more fish into your meals, try these simple ideas. They may adapt well to your family's style of eating.

1. Substitute fish for meat and chicken in recipes. For instance, transform sweet-and-sour pork into sweet-and-sour swordfish.

2. Serve meat lovers firmer fish, such as swordfish, mahimahi, shark, halibut, and fresh tuna.

3. Start kids on seafood when they're young and forming eating habits.

4. Make the change gradually, working up to three or four meals a week that are based on fish.

5. Cook fish at a high temperature, in a short time, and watch closely. It's done if the center just starts to flake when you test it with a fork.

6. Dress it up. Fish doesn't have to be served in traditional ways. Sauce it, stew it, and put it into soups, salads, pasta, and stir-fries.

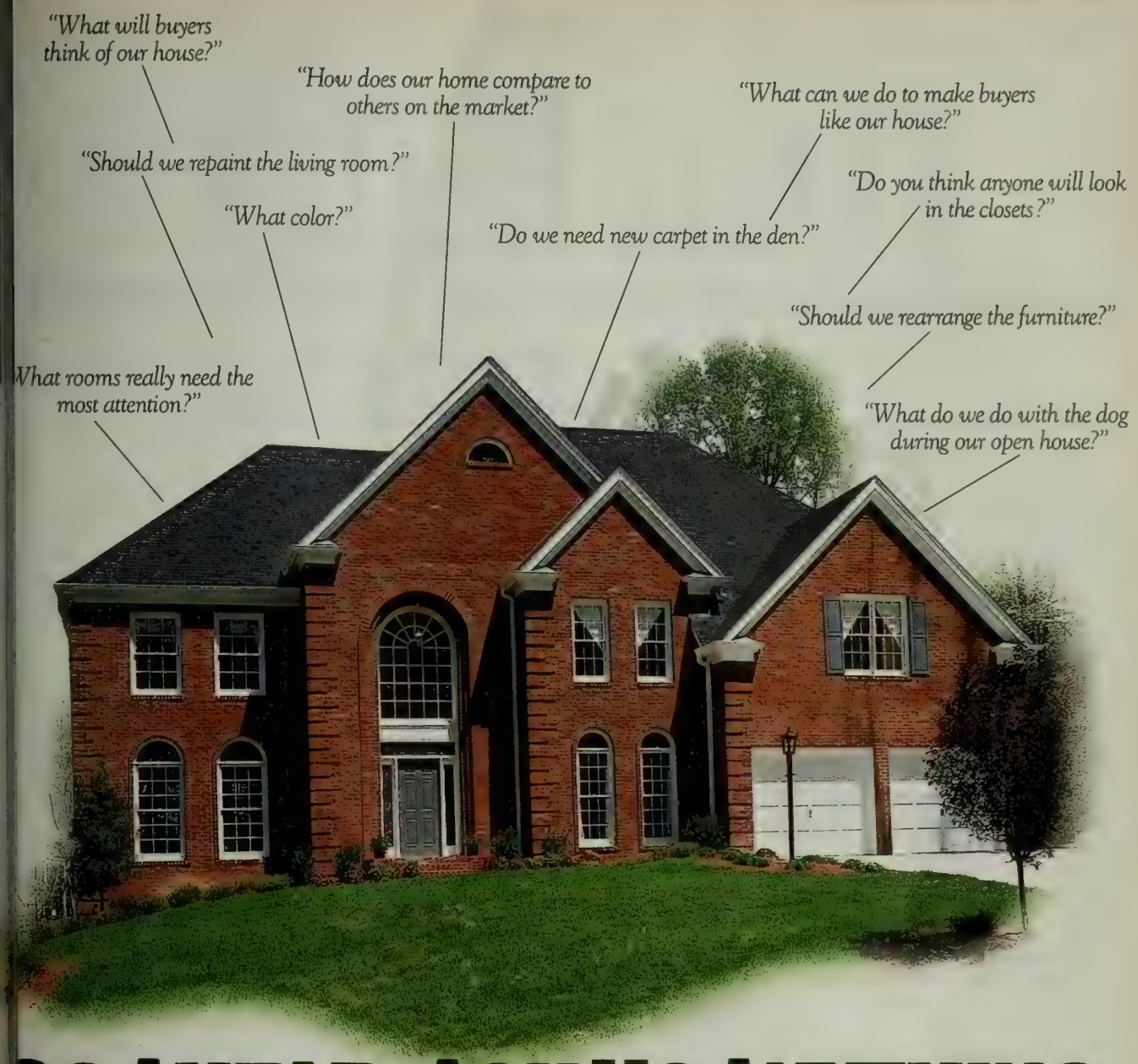
7. Beat the cost of seafood by trying less familiar (and usually lower cost) types, such as cusk, catfish, shark, pollack, or mussels.

8. End the tedium of eating the same things too often. Take advantage of the variety in the seafood world. Among finfish alone, there are more than 100 types available in the United States.

THE 10-MINUTE TIP

To cook fish, follow the 10-minute tip. Bake, grill, broil, poach, or steam fish 10 minutes for each inch of thickness. (For baking, preheat the oven to 450°.) Measure at the thickest part, tucking under tail ends to assure even thickness. It's done if the center part just starts to flake when pricked with a fork. The flesh should change from translucent to opaque.


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FAMILY HEALTH

IDEAS AND INFORMATION ON STAYING WELL

INSIDE

In this month's special health section, you'll find news on faux fat, fitness, blood pressure, and more.

25
Good Food/Good Health
Something (good and) fishy's going on here.

32
'Fake Fat' Foods
Dieters' delight?

34
Fitness Matters
Kids, workouts, and water; how seniors benefit from exercise; and an odd-(running)-shoe exchange.

40
New Thinking About High Blood Pressure
Here's the latest on this symptomless killer.

42
Health Update
Vision surgery, java jivin', a tooth-fairy tale, and more.

44
Stopping Childhood Depression In Its Tracks
When the blues don't fade, parents must step in.

FINALLY — 'FAKE FAT' FOODS



MIKE JENSEN

Can you have your ice cream and eat it too? You can with the new fat substitute, Simplesse. In fact, if other "fake fats" are approved, you could have your cake and potato chips, too.

Fake fats such as Simplesse provide fat's taste and texture, but not its calories. Our first taste of one will come this summer in Simple Pleasures, a frozen dairy dessert made with Simplesse. A 4-ounce serving of strawberry Simple Pleasures contains less than 1 gram of fat and 120 calories; premium ice cream has about 250 calories.

The ingredient that makes this dessert possible is not a fat at all, but a protein. Made from skim milk and egg whites, Simplesse has 1 or 2 calories a gram versus fat's 9 calories a gram.

More than ice cream could be in store. NutraSweet, the owner of Simplesse, will seek additional Food and Drug Administration (FDA) approval for use of Simplesse in salad dressings, sour cream, margarine, and more.

Simplesse's uses are limited, however, because you cannot cook with it. It gels when heated, although you can add it to hot foods. Also, individuals allergic to eggs or milk should avoid it.

BY ROBIN STREET

MORE ON THE WAY

Another fake with great potential is Olestra, a Procter and Gamble product. You can cook with calorie-free Olestra. If approved by the FDA, it could replace up to 75 percent of the fat in cooking oils and shortenings. It's made from sugar and vegetable oils, but your body does not recognize it as fat.

Kraft General Foods has requested GRAS (generally recognized as safe) approval of frozen dessert use for its protein-based product, Trailblazer. Other companies also are at various stages of developing fat substitutes.

NO MORE DIETS?

Can the fakes solve the problem of "a minute on the lips, a lifetime on the hips"? Probably not, even though their manufacturers estimate Olestra could potentially replace one-third of our fat intake; Simplesse, 14 percent. The fakes would best be used to reduce our overall fat intake to the recommended 30 percent or fewer of daily calories.

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Use as directed.

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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

WATER THE CHILDREN, TOO

Remind forgetful kids to drink

Be mindful of your kids' exercise habits during the hot summer months. When kids get active, they often forget to drink water.

"They say they're not thirsty," says Frank R. Sinatra, M.D., at Children's Hospital in Los Angeles. "But if you wait until children are thirsty, they may keep going until they develop severe dehydration."

Kids can dry out faster than adults, he says, because their bodies produce more metabolic heat. Also, being much smaller, they have less water to lose.

KEEPING YOUR COOL IN HOT WEATHER AND MORE

Sinatra asks parents and coaches in organized summer sports to make sure that their 10- or 11-year-olds, who usually weigh 80 to 85 pounds, drink at least 5 ounces of water for every 30 minutes of exercise.

Never restrict their water supply, he cautions. "We have to get rid of the idea that drinking water during exercise and workouts should be limited to small sips so you won't get cramps. I hear parents tell their children this.

"But that's archaic. Let them drink as much as they want. It won't hinder performance or make them feel sick."

TAKING THE HEAT

And cooling off while working out

Your body temperature can rise to as much as 100 or 104 degrees during vigorous summer exercise. That kind of fitness "fever" is all right, as long as you make sure you drink plenty of water or other liquids.

A jumble of ribbons and sticks patiently shaped, transformed into a gift of love.

All that care, all that effort. The very things you give to her, but in different ways. Your gifts are values. Self-confidence. Nutrition. Investments made now to pay off in the future.

Which leads to the other box on this page, at far right. Not that it equals her masterpiece.



hey allow your body to eep producing sweat so you an stay cool.

A sweat slowdown may ead to heat exhaustion, heat roke, even death.

Perspiration is the body's rimary way of cooling own, and on hot, humid ays you can lose as much as half gallon of fluid in an our of exercise.

So drink about eight unces of water for every 10 15 minutes of action; it'll elp keep you at your cool- st. To learn more about eat-safe exercising, read Hot Weather, Exercise, & ou!" For a free copy of this rochure, write to: Ameri- an Running and Fitness As- ciation, 9310 Old eorgetown Rd., Dept. BHG, ethesda, MD 20814.



ILLUSTRATIONS: STEVE BJÖRKMAN

BLISTER CARE
How to burst your bubble

You train for months for a 10-K run, a hiking trip, or a club tennis tournament. Your day dawns and in 20 minutes you develop a debilitating foot blister.

This doesn't have to happen: Blisters are easily preventable. Just buy properly fitting shoes, break them in slowly, and cover your feet with two pairs of socks. Layers make potentially blister-causing friction occur between socks, not between sock and tender skin.

You can also prevent blisters by stopping your activity the minute you feel the rub of a "hot spot." Call it a

continued on page 36

ut Citrus Hill Plus Calcium is an ideal ay to provide the naturally sweet, fresh ste and nutrition of regular orange ice, plus the same amount of lcium, ounce for ounce, as ilk. Just what you need to help keep your family strong, active and healthy for years to come. Because for all the charm of ice-cream stick boxes, that's the one gift you'll really ever want.



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Citrus Hill Plus Calcium. Because healthy kids are the real reward.

989 The Procter & Gamble Company.

continued from page 35

day, says Jamie Hornibrook, trainer at the Institute for Athletic Medicine in Minneapolis. Or treat the spot with a lubricating jelly covered by a bandage.

Don't open a blister unless it's going to burst on its own. Just keep it covered with lubricating jelly and padding.

If you must puncture a blister, follow this procedure: Wash the area, swab with rubbing alcohol, then puncture the blister at its base with a sterilized needle. Drain fluid, but don't remove top skin, which protects tender new skin underneath. Apply antiseptic ointment, then cover with moleskin and tape. See a doctor if signs of an infection (redness or pus) develop.

BORED WITH EXERCISE?

Give yourself—and your routine—a break

You started out like a ball of fire on your running, walking, or biking program. But now your interest in fitness has faded. What happened? It's called exercise ennui.

You did the same activity at the same time on the same route. Your game was the same, and after a while there's no fun in that game.

To get the fun back, vary your activity, route, workout time, apparel, pace, partners, or purpose. It's a good idea to ask yourself: "Why am I doing this? What are my goals here?"

The answers might surprise you. You may find you don't like the things you've been doing. You do them because a friend does—or because *everybody* does them. Of course you're going to be bored, says sports psychologist David Yukelson, Ph.D., at Pennsylvania State University.

Here are some of Yukelson's tips on goal setting:

- **Individualize your goals.** Make your goals challenging and difficult, yet still attainable.
- **Be specific.** What are your target dates? How, exactly, will you do it?
- **Set performance goals—not outcome goals.** Try to improve your time or improve endurance rather than trying to win the race.
- **Set short- and long-term goals.** Remember that you're exercising for long-term objectives. Periodically evaluate your goals, and adjust them based on your level of conditioning.

THE POSTPARTUM PUSH

Shaping up after pregnancy

The battle of the postpregnancy bulge need not be a war story. Here's why:

"The fat increase from prepregnancy to immediate postpregnancy is probably less than 5 percent," says Raul Artal, M.D., at the University of Southern California. The weight gain is mostly baby and water.

Artal worries that "someone who is weight conscious may go onto a strict

Constipated?
You may have to take this much fiber laxative for as many as three days to get relie



Monday Tuesday Wednesday

iet that may not benefit her," especially if she breast-feeds, which costs her 00 to 600 calories a day.

Artal, author of *Exercise and Pregancy,* recommends postpartum exercise for weight loss. Having a baby is ard work, he says, akin to running a narathon. "It's not called labor for othing," he says. So return slowly to valking or jogging as any athlete would after some time off. Recovery nay take three months.

Avoid lifting heavy weights and using resistance machines, which may train ligaments and joints loosened in regnancy. These activities also require balance, which may be subpar because the body's center of gravity has hifted at birth.

After bleeding ceases, usually in two veeks, swimming is a great activity; it onditions the whole body without putting weight on joints and ligaments.

Tighten the tummy with exercises ike bent-knee "semi-sit-ups" (sit up artway) and pelvic tilts (lie on back and pull up pelvis with abdomen muscles).

Remember to go easy on yourself, cautions Artal. "Sometimes home chores that come with the baby are more calorie consuming than any exercise you can do outside."

THE AGING MIND

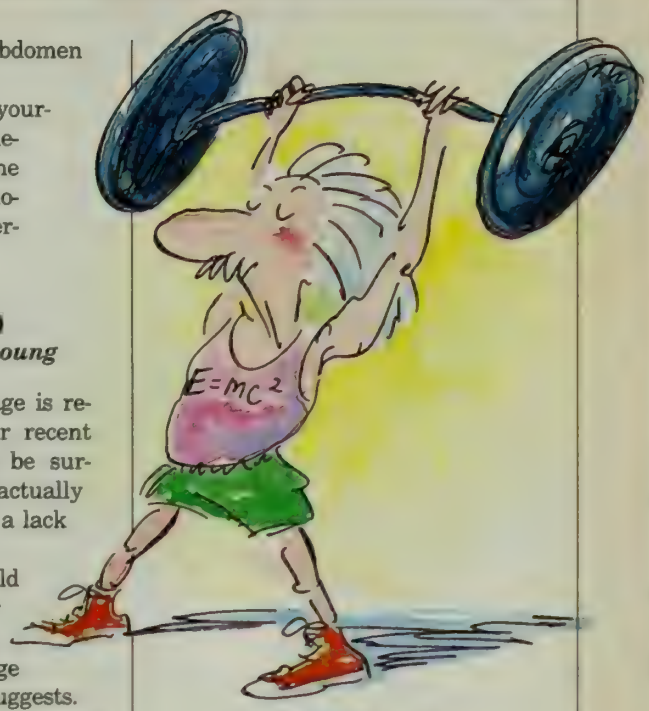
Exercise keeps you young

So you think old age is responsible for your recent memory lapses. You may be surprised to learn that what's actually slowing down your mind is a lack of exercise.

Regular exercise into old age can help keep your brainpower turned on, a study from Scripps College in Claremont, California, suggests.

Louise Clarkson-Smith, Ph.D., tested people aged 55 to 88, and found that

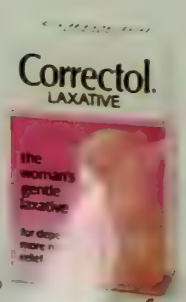
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Pumping it up in old age keeps you sharp.



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continued from page 37

memory, reasoning power, and reaction times in a group that exercised vigorously and regularly were clearly superior to these mental powers in a similar group doing little exercise.

Clarkson-Smith is not sure why exercise helps the mind. Maybe better circulation helps, she says, or perhaps exercise helps arouse a brain often under-aroused as one ages.

As important as exercise is in aging, many other variables are also involved. "Probably the strongest variable is heredity," she says. "We can't do anything about heredity, but we can do something about our lifestyle."

The moral: Exercise to shape up and stay sharp throughout life.

SODA POP AND EXERCISE

They may break your bones

There's troubling news bubbling for soda pop lovers:

A Harvard University study suggests that drinking carbonated beverages, especially colas that contain phosphoric acid, increases the risk of bone fractures in women as they age. It may even double the risk.

Phosphoric acid interferes with calcium absorption, which affects bone strength, says Grace Wyshak, Ph.D. The study focused on women aged 40 and over, the age when estrogen and bone mass start decreasing and the risk of osteoporosis starts increasing.

Exercise was also a factor in this study, because women most susceptible to fractures were ex-college athletes.

How exercise contributes to the increased risk is unclear, says Wyshak. But many women, especially exercisers, drink pop instead of high-calcium milk. This may have influenced the 300-percent increase in the consumption of carbonated drinks in the last 30 years, she says, and the decline in the consumption of milk.

The increased fracture risk is a concern, says Wyshak, especially if the risk is linked to exercise "because people drink a lot of carbonated beverages and do a lot of physical activity."



Mismatched feet need sole mates, too.

ODD SHOE EXCHANGE

When one shoe will do, thank you

Nothing inspires fitness like a good-fitting pair of shoes. But finding that fit can give you fits if your feet are of different sizes.

The National Odd Shoe Exchange can help. The Exchange started operating in the 1940s as a service for polio victims. It gives folks with two shoe sizes a way to fit their feet without paying for custom-made shoes or for two pairs of different-size shoes.

The Exchange provides "mismates"—people who give you shoes you need in exchange for ones you don't. Director Jeanne Sallman has had the same mismate for 20 years. "We go shopping together and drive the salespeople crazy," she says.

The Exchange also offers its 16,000 members free walking, jogging, and tennis shoes that are donated by various shoe companies.

Membership is $25 (children $15) plus a $10 annual fee (children $7.50). For more information, write the Exchange at 2242 W. Keim Dr., Dept. BHG, Phoenix, AZ 85015.

BY GARY LEGWOLD

—Gary Legwold, a free-lance writer and frequent contributer to BH&G, keeps fit in Minneapolis.





Have you tried your doctor?

If the OTC allergy products you've tried have disappointed you, consider this:



Antihistamines: No antihistamine sold over-the-counter can relieve your allergy symptoms... sneezing, runny nose, and itchy, watery eyes...without the risk of drowsiness.*

Decongestants: Any decongestant that claims it won't make you drowsy cannot relieve allergy symptoms other than nasal congestion.

The solution: See your doctor, because your doctor has advanced prescription medicines that can relieve your allergy symptoms without the drowsiness you may have had before.

Ask your doctor if Seldane® (terfenadine) **is right for you:** Seldane is different. That's why it can quickly and effectively relieve your seasonal allergy symptoms without the drowsiness you may experience with older antihistamines.† No wonder Seldane has become the most prescribed allergy medicine in the world.**As with all prescription medicines, only your doctor can determine what is best for you.

To get the booklet, "The facts about what allergy medicines do...and don't do," call:

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SELDANE®
(terfenadine) 60 mg tablets
Ask your doctor if it's right for you.

*Definition of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
† The reported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
**Based upon worldwide prescription and distribution information (1986-1989)—data on file.

SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

MDS-596 January, 1990

©1990, Merrell Dow Pharmaceuticals Inc.

Seldane®
(terfenadine) 60 mg Tablets

BRIEF SUMMARY: CAUTION: Federal law prohibits dispensing without prescription

DESCRIPTION: Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate

INDICATIONS AND USAGE: Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation

CONTRAINDICATIONS: Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients

PRECAUTIONS

Information for patients Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, mutagenesis, impairment of fertility
Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

General: Consideration should be given to potential anticholinergic (drying) effects in patients with lower airway disease, including asthma.

ADVERSE REACTIONS: Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d.; the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/ Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS
**Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients)

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia, (hair loss or thinning), anaphylaxis, angioedema, arrhythmia (including ventricular tachyarrhythmia, torsade de pointes and ventricular fibrillation), bronchospasm, confusion, depression, galactorrhea, hypotension, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, palpitation, paresthesia, photosensitivity, prolonged QT interval, seizures, sweating, syncope, tachycardia, tremor, urinary frequency, and visual disturbances. In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis, in most cases available information is incomplete. In neither the clinical trials nor marketing experience is a causal relationship of liver abnormalities to Seldane use clear.

OVERDOSAGE: Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION: The usual dosage for adults and children 12 years and older is 60 mg (1 tablet) twice daily.

Product Information as of January, 1990 Y460D
MERRELL DOW PHARMACEUTICALS INC.
Cincinnati, Ohio 45215, U.S.A.

Merrell Dow

U.S. Patent 3,878,217
Other patent applications pending

NEW THINKING ABOUT HIGH BLOOD PRESSURE

BY JOHN B. THOMAS

Millions of Americans are unaware of the dangers of high blood pressure. But even more of us haven't heard about the progress that's been made against this silent, symptomless killer. We asked medical experts for the latest news about high blood pressure—what doctors call hypertension—and here's what they told us.

NOT JUST FOR GROWN-UPS

Many doctors now suggest that you bring your children in for their first blood pressure check between the ages of 6 and 10. In the past, hypertension was thought to be a disease of middle-aged or overweight adults. More and more authorities are saying that elevated blood pressure in childhood contributes to heart disease later in life.

Kids aren't the only ones who need checks, of course. High blood pressure is a common disease for adults, who suffer an even greater risk if they fall into any of several categories: men under age 55, women over age 55, obese or overweight people, blacks, or diabetics.

FINE-TUNING THE DIAGNOSIS

Add one more item to the list of things that cause high blood pressure: white coats. New studies reveal that in some people, blood pressure rises in the presence of a doctor or other medical professionals. Experts call this effect "white coat hypertension," and say it underscores a basic truth. That is, one reading is not enough on which to base a diagnosis of high blood pressure. Your pressure should be checked over a period of several months before a final decision is made about treatment.

In fact, there exists a myriad of reasons why you might have a single elevated reading. Such things as stress, emotional state, and time of day are just a few of the factors that influence blood pressure. So don't panic if your

WHAT IS HIGH BLOOD PRESSURE

High blood pressure means that your heart has to work too hard to push blood through your body. The resulting wear and tear on your circulatory system eventually leads to heart and kidney disease. Here's what your blood pressure readings represent:

Systolic pressure. This is the top number in the fraction. It measures the force of the blood against the artery walls when the heart beats. Systolic readings of more than 140 may be cause for concern.

Diastolic pressure. This is the lower number in the fraction. It records the reduced pressure against the artery walls when the heart relaxes between beats. Readings between 90 and 104 signal mild high blood pressure; 105–115 is moderate; higher than 115 is severe.

ood pressure seems high one day—it's ot an absolute indicator of long-term gh blood pressure.

ASIER HOME READINGS

Improved technology is making it asier for high blood pressure patients keep track of their condition at ome. Reasonably priced electronic onitors now do everything except tell ou to roll up your sleeve.

Monitors average $30 to $40, but a *ood* sphygmomanometer (the tradi-onal wrap-around-your-arm cuff and tached parts) and stethoscope can st up to $100. In addition, older pa-ents find the digital numbers on an ectronic monitor a breeze to read.

But beware: You can't check the ac-uracy of a monitor at home. Bring it to our doctor and have it double-checked r correct calibration.

TTER DRUGS

Good news. Current high blood pres-re drugs, such as ACE (angiotensin nverting enzyme) inhibitors and cal-um channel blockers, are easier to ke and offer fewer side effects than der medications.

It used to be you had to down up to ur pills a day. Now, almost all the gh blood pressure drugs—including odified older ones—need to be doled t only once or twice a day.

Those older drugs—diuretics, beta ockers, and vasodilators—were given overhaul for another reason: to help gnificantly *reduce* some of their once-thersome side effects.

Frequent bathroom trips was one ch side effect, says Charles N. Aswad, .D., a family physician in Bingham-n, New York. "Many patients would ip their medicine rather than be em-rrassed," he discloses.

Older drugs carried other risks as ell, like depression, fatigue, impo-nce, and dry mouth. The newer drugs e not 100-percent free from potential condary effects, but the problems em to occur less often. ACE inhibi-rs, for example, make some people ugh, while calcium channel blockers n cause constipation, fatigue, or a ht-headed feeling.

Newer drugs carry another side ef-ct: lightness in the wallet. Some of ese newer drugs cost up to a dollar a l, compared to 50 cents a pill for beta blockers and 3 cents a pill for diuretics.

For folks who hate taking pills, the new drug patches are a boon. Similar to small bandages, they are attached to the skin and worn for a week. Each day, a measured dosage of your medicine is absorbed through your skin. Patches do cost more—around $20 a month.

A WAY OF LIFE

Of course, drugs aren't the only way to treat high blood pressure. Today, most doctors will try alternative therapies first, such as losing weight, exercising regularly, reducing salt intake, and cutting back on alcohol consumption.

Despite all the advances in treatment, one fact hasn't changed: Any regimen you settle into—whether it be an alternative therapy or taking medication—is going to have to be continued. Your pressure may stay low for a while if you quit your treatment program, but it will inevitably rise, says Randlow Smith, M.D., an internist at Baylor University Medical Center in Dallas.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

BY PAUL KRANTZ

DON'T TOSS YOUR GLASSES—YET

Vision surgery needs improvement

Eye surgeons call it radial keratotomy, but you can think of it as a cure for nearsightedness. After 10 years in the U.S., the operation is better, but far from perfect, according to a new report on the procedure.

Here's how the operation works. An eye surgeon makes a series of cuts in the cornea, the clear window that covers the eye's iris and pupil. As the cuts heal, they change the shape of the cornea, just as an optician shapes an eyeglass lens to correct your vision.

At least, that's the way the operation is supposed to work. And it does—in about two-thirds of patients, according to George O. Waring III, M.D., and his colleagues at Emory University in Atlanta. The researchers followed the cases of 435 patients for four years. They found that the operation is reasonably safe—complications are rare. But they also found that it is very difficult to predict the exact results of the operation. Furthermore, the results were not stable over a four-year period in about a quarter of the patients.

The researchers said the surgery works, but called the failure rate "unacceptable." Eyeglasses and contacts are a much more precise means of correcting vision, they conclude.



This claims it's good for arthritis pain.



PHOTO ILLUS. BY STEVEN BJÖRKMAN

JAVA JIVIN'

Coffee use and senior sex

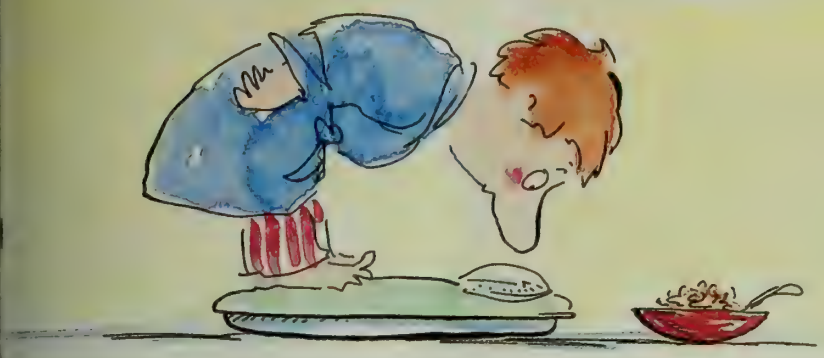
From the "For What It's Worth" department: Coffee drinking is linked to a higher rate of sexual activity in older women, and a lower risk of impotence, according to a study of 744 seniors.

Ananias C. Diokno, M.D., of the University of Michigan at Ann Arbor, and colleagues at William Beaumont Hospital in Royal Oak uncovered the association. They are not claiming that there is a cause-and-effect relationship, or that drinking coffee will improve your sex life. Hm-m-m-m.

THE TOOTH FAIRY LIVES

Retirement halted at the brink

Uncle Sam almost sacked the tooth fairy! According to the Academy of General Dentistry, the government was set to label pulled baby teeth as hazardous medical waste. Dentists would have to send little Amy and Zack home empty-handed.





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But thanks to hard lobbying by dental professionals, kids will still have something to put under their pillows. Under new rules, dentists may now return intact, disinfected baby teeth.

BALLOON SAFETY
Tips from the experts

Even a toy as simple as a balloon can blow up in your face unless you treat it with respect. That's the word from the National Association of Balloon Artists. NABA warns:

- Don't breath helium from balloons. It can make you sound like Donald Duck, but this trick also robs your lungs of oxygen and can lead to fainting or, rarely, death by suffocation.
- Supervise kids under age 3. Young children can choke on the shreds of a popped balloon.
- Buy helium balloons with weights attached so they won't float away, or add your own. Metallic balloons allowed to escape skyward can foul power lines and, say environmental groups, downed balloons can injure wildlife.

THE BREAKFAST OF LOSERS
High-fiber cereals cut appetite

Dieters have a new reason to choose high-fiber cereals. A pair of small studies in Minnesota suggests that eating a roughage-rich breakfast causes you to eat less at lunch.

Allen S. Levine, Ph.D., at the VA Medical Center in Minneapolis, asked 33 people to breakfast on five different cereals, one each during five visits. The fiber content of the cereals ranged from none to 39 percent. Dr. Levine measured the total calories taken in both for breakfast and lunch on the days of the test.

People who had the highest fiber breakfast took in 200 fewer calories over the two meals than those having the lowest fiber cereals. The difference, though small, would add up to a significant weight loss if maintained over time. At this point, no one is sure if the effect is long lasting.

On the other hand, doctors recommend that we all get more fiber in our diets. High-fiber diets are linked to lower risk of some types of cancer, and can eliminate the need for artificial laxatives. If such foods can help keep even a couple extra pounds off, all the better.

TRAVELER'S REVENGE
Quelling diarrhea faster

A one-two punch is emerging as the Cadillac of treatments for traveler's diarrhea. One particular pair of prescription preparations cleared up the problem in about one hour in a recent study.

Various combinations of drugs were administered to 227 American adults in Guadalajara, Mexico, by Charles D. Ericsson, M.D., and his co-workers from the University of Texas Medical School in Houston. The most effective treatment involved a common antibacterial preparation (often sold under the Bactrim or Septra brand names) along with the antidiarrhea medicine Imodium. Although relief was fast, the treatment regimen lasts three days.

Your doctor can supply you with instructions and cautions about this treatment, which was described in the January 12, 1990, issue of the *Journal of the American Medical Association.*

STOPPING CHILDHOOD DEPRESSION IN ITS TRACKS

When to worry, what to do

BY PAUL KRANTZ



Jack is only 12, yet he has something that seems more suited to a grown-up: Depression. Most of us forget about young children when we hear that word. Yet mental-health surveys tell us that one in 50 elementary school children suffers from depression that would benefit from treatment.

Depression isn't a common childhood problem. That's the good news. The sad news is that some children in need of help aren't getting it.

No one, including young children, is immune from the blues. This fleeting form of depression strikes when kids feel disappointed, anxious, fearful, or overstressed. A life-changing experience like divorce of parents can trigger depression, but so, too, can the minor crises we all encounter each day.

These smaller problems teach kids how to bounce back from difficulty, notes Tiffany Field, Ph.D., professor of Pediatrics, Psychology and Psychiatry University of Miami Medical School For instance, she explains, "A child ha to learn to deal with separation. Mos will get better after it happens a fe times. Parents must recognize that de



Four clever wa

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pression is normal." And, for the majority of children, a fleeting condition.

Other common causes of depression among kids are the arrival of a sibling, problems making friends, and a heartfelt disappointment.

Most parents can spot the blues a mile away. Children with the blues may look and act sad or fatigued. Or they may "act out," becoming unruly and making life miserable for everyone around them. The key sign of depression is a marked change in the child's outlook or activities.

Parents can head off mild, temporary depression, Field says, by following these suggestions:

- Try to maintain a stable home environment. Incessant arguing or constantly changing schedules, for example, fuel anxiety.
- Be open to your child's need to talk. Encourage conversation when your child's behavior seems out of kilter for more than a day or two.
- Seek compatible child care. Does your child feel comfortable and secure with your day-care arrangements?
- Postpone major changes—moving to a new town or changing classrooms, for instance—until the end of the school year, if possible.

What if the blues still strike? It's OK to cheer up a down youngster with an ice-cream cone, says John C. Pomeroy, M.D., of State University of New York in Stony Brook. "But don't reward failure," he adds. Talk to your kids when they seem down. It's almost always better to press a little for a response than to miss a warning sign.

IF THE BLUES STICK AROUND

Any blue period that lasts more than two weeks signifies a deeper problem, according to Michael Strober, Ph.D., director of the Child and Adolescent Mood Disorder program at UCLA. Continuing depression is a cry for help. See your family doctor for an evaluation as soon as possible.

continued on page 46

DEPRESSION OR BLUES?

All kids are sad from time to time, and their moods change as quickly as spring weather. As a parent, you know when your child is out of sorts. Most of the time, the blues disappear. But sometimes they try to move in permanently. Here are warning signs that depression has taken root in your child:

- Unhappiness, in looks, words, or actions.
- Poor self-regard. Listen for statements like: "I'm no good" and "Everything I try gets messed up."
- Marked changes in habits, particularly altered sleeping or eating patterns.
- Inappropriate anger. Many experts feel that discipline problems—especially unchecked aggression—sometimes mask depression.

Occasional sadness or outbursts aren't cause for alarm. But if two or more of these behavior or personality changes cling for two weeks or more, the child needs evaluation and treatment by a family doctor or mental-health professional.

- **Get immediate help** for any child with suicidal thoughts, statements, or threats. These are signs of a life-threatening emergency.



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continued from page 45

Your doctor will want to start by r ing out physical problems that mig be at the root of the child's sadne Almost any illness can affect yc child's mood, so it's good to rule ou physical illness at the start. A gc family physician will also probe for formation about the child's envir ment, asking about school, home, a the youngster's social scene.

In many cases, your doctor will ha suggestions to start the recovery p cess. Treatment may be as simple setting up a daily parent-child ta time or, together, reading stories th deal with troubling issues. Most of t time, offering the child special att tion will help disperse the gatheri clouds of sadness.

WHEN DEPRESSION RUNS DEEPER

Children can suffer from serious, d abling depression as well. This type depression doesn't go away in a cou of weeks, and resists all attempts turn it around. In many cases, th chronic form of depression seems arise for no reason, or grows complete out of proportion to the event that set off. Researchers are certain that (pression passes from parent to child g netically, but the exact relationsh remains hazy. Not everyone with a (pressed parent gets the illness.

Whatever the underlying cause, (pression that keeps a child from livi a normal life of school, play, and fam activities needs fast, professional me tal-health treatment. Find someo who specializes in children's ment health problems, recommends E. Ge ald Dabbs, M.D., a child psychiatrist private practice in Manhattan. Th may be a psychologist, a psychiatrist, another mental-health professional. you are concerned about cost (priva therapists average $150 per session), member that many public ment health clinics offer their services on sliding scale. Your health insuran may ease the bill; an increasing nu ber of policies pay at least a portion the cost.

TREATMENT OPTIONS

After a thorough evaluation of yo child, the therapist will probably beg some form of treatment. For childr aged 3 to 10, play therapy offers a go

irst step, notes Dr. Dabbs. During sessions with the child, the therapist will look for patterns and actions in the play that hint at the turmoil beneath the surface. For example, anger felt toward the child's parents might be reflected in a violent exchange between two dolls.

Toward the older end of the age scale (age 10 and up), more traditional talk therapy becomes useful. The therapist may try to get the youngster to acknowledge the problem or see destructive thinking patterns. If the depression is linked to another mental-health problem, the therapist might suggest treatment for that problem. For example, if the child has a phobia regarding spiders, the therapist could use behavior therapy to quell the fear.

Obviously, the success of any form of talk therapy depends on the willingness and ability of the child to work with the therapist.

Family therapy is critical in treating many cases of childhood depression. "With younger children," says Dr. Dabbs, "it's better to work with the parents. It's important to help them understand their child, and to reduce conflict in the house."

A good therapist searches for problems in the way family members interact with each other, and may suggest changes in parenting style or in the way the household operates.

WHAT ABOUT DRUG TREATMENT?

Medication is yet another option, say mental-health professionals. Antidepression drugs correct imbalances in brain chemicals that regulate mood. For depression caused by such imbalances, medications can help make some children better able to handle other forms of therapy.

Drug therapy is not without its detractors. "I would watch out for a doctor who wanted to use medication right away," warns Dr. Dabbs. He recommends getting a second opinion before starting drugs, and seeking the services of a doctor who specializes in the use of these drugs in children.

Antidepressants don't work as well in children as they do in adults, and little is known about the risks these drugs hold for growing bodies and minds. Still, in emergency situations when a child seems near suicide, for instance) or in those rare cases where other forms of therapy fail to rouse a youngster from overwhelming depression, drugs are a reasonable, relatively safe option that may open the door to other types of treatment.

IS THERE A CURE?

With good treatment, depression fades. "You should expect improvement within a few months," says Dr. Dabbs. The more difficult it is to pin down a triggering event, the longer treatment usually takes.

For the majority of grade schoolers, depression won't recur, reports Dr. Strober, of UCLA's Child and Adolescent Mood Disorder program. But if the experience of grade schoolers matches the results of studies of adolescents with depression, 30 to 40 percent will encounter at least one more bout with the illness.

Whether permanent or temporary, freedom from disabling depression is justification enough for treating these children. Dr. Strober recalls the case of that 12-year-old boy mentioned at the outset of this article: "He was bright, a good student coming from a stable family. Over a period of six months his grades declined, he started suffering stomachaches, and suffered a multitude of worries."

Treatment has been going on for a year, and it took five months to lift the depression, but, says Dr. Strober, this almost-teenager is back on track and ready to get back to being a kid.

DO BABIES GET BLUE?

Can a 6-month-old baby be depressed? "Kids as young as 1 and 2 suffer depression, but few in the field believe it can be diagnosed that young," says psychiatrist Michael Strober.

University of Miami professor Tiffany Field, Ph.D., counters that she has seen infants and toddlers with depression. Most at risk, she says, are infants with a depressed mother.

The signs of depression at this age include disturbances in eating, sleeping, or toileting patterns, or marked changes in activity level. "Usually you can tell at birth what the temperament of these kids is. They're poker faces, they won't imitate you or laugh at funny sounds," says Field.

Treatment may involve physical activities like massage, says Field, or it could center on helping the mother and other family members learn to listen to what the baby is saying.

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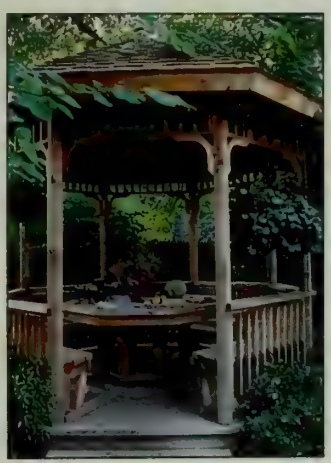


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Lifestyles

Gardening

Landscaping



STYLE LIVING. TO STAGE YOUR

Projects

OF FOUR OF OUR FAVORITE FAMERED THERE'S NO PLACE LIKE

BY JANE AUSTIN McKEON

TINY URBAN OASIS

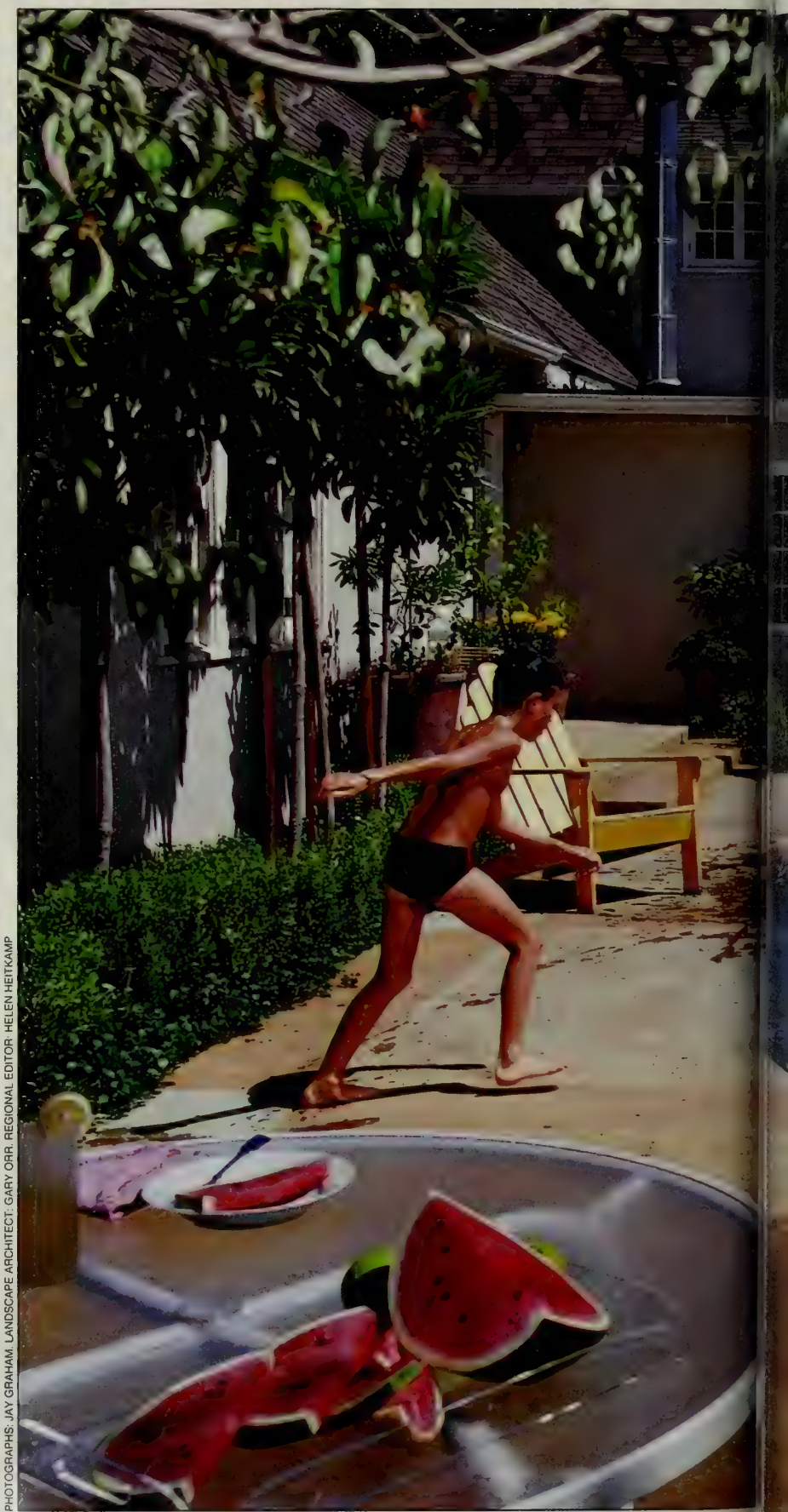
THE GIUSTINAS ESCAPE TO THEIR BACKYARD WHEN THEY WANT TO "GET AWAY FROM IT ALL."

Nestled in a bustling Sacramento, California, neighborhood, Robin and Tom's family-size Shangri-la is a refreshing family-style approach to improving the quality of life right at home.

PLOT OF DREAMS

Before they launched their outdoor overhaul, the Giustinas believed the narrow lot offered slim pickings for fresh-air fun. Only in their wildest dreams was the tiny backyard (35×40 feet) more than a glorified dog run. "We put off making any major improvements in the yard," says Robin, "because we thought its shortcomings would require a miracle of nature, or at least a work of magic, to cure."

As it turns out, both nature and magic played roles in the redo. To overcome the yard's undersize proportions, the couple hired local landscape architect Gary Orr. His bag of tricks included designing an

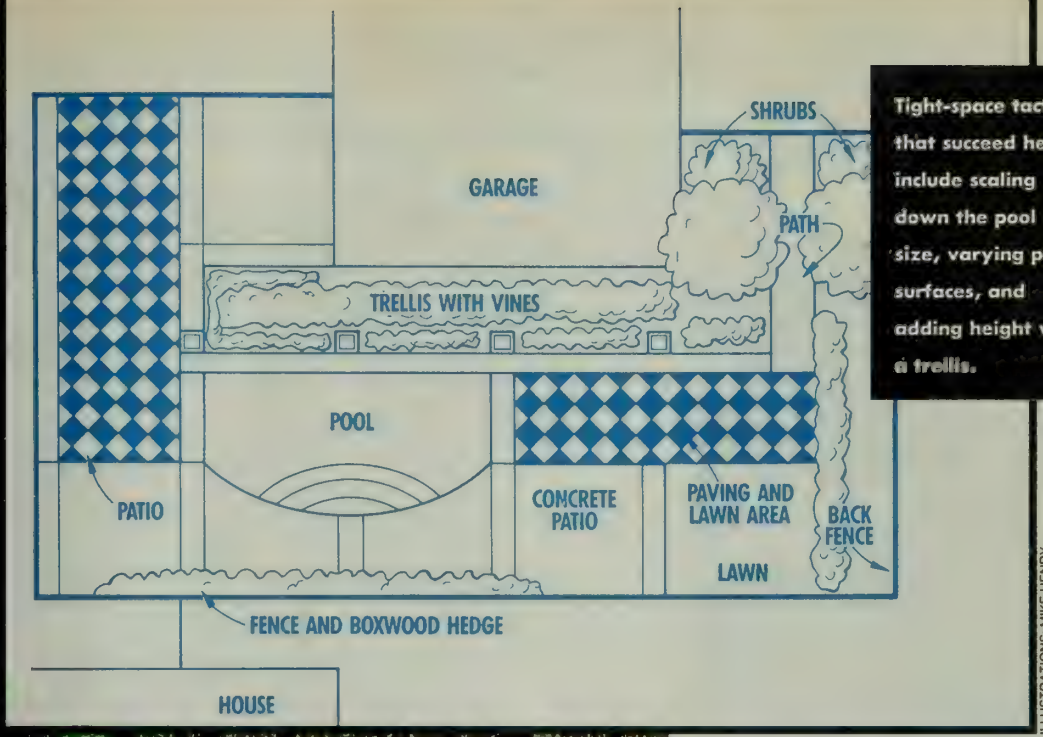


PHOTOGRAPHS: JAY GRAHAM. LANDSCAPE ARCHITECT: GARY ORR. REGIONAL EDITOR: HELEN HEITKAMP



Fitting unobtrusively in the 35×40-foot backyard, the compact 17½×7-foot pool was designed to look like a formal fountain basin but still cater to casual swimming and splashing.





Tight-space tactics that succeed here include scaling down the pool size, varying patio surfaces, and adding height with a trellis.

ILLUSTRATIONS: MIKE HENRY



Not just another pretty patio, the textured concrete is less slippery when wet. Stain reduces glare. The checkerboard turf is tough under traffic and simplifies mowing.

illusion of depth with plants and structures. (See the plan *above*.)

"The landscape design is a fantasy thing," says Gary. "It accommodates so many fun and functional features that you're fooled into thinking the yard is a lot bigger than it really is."

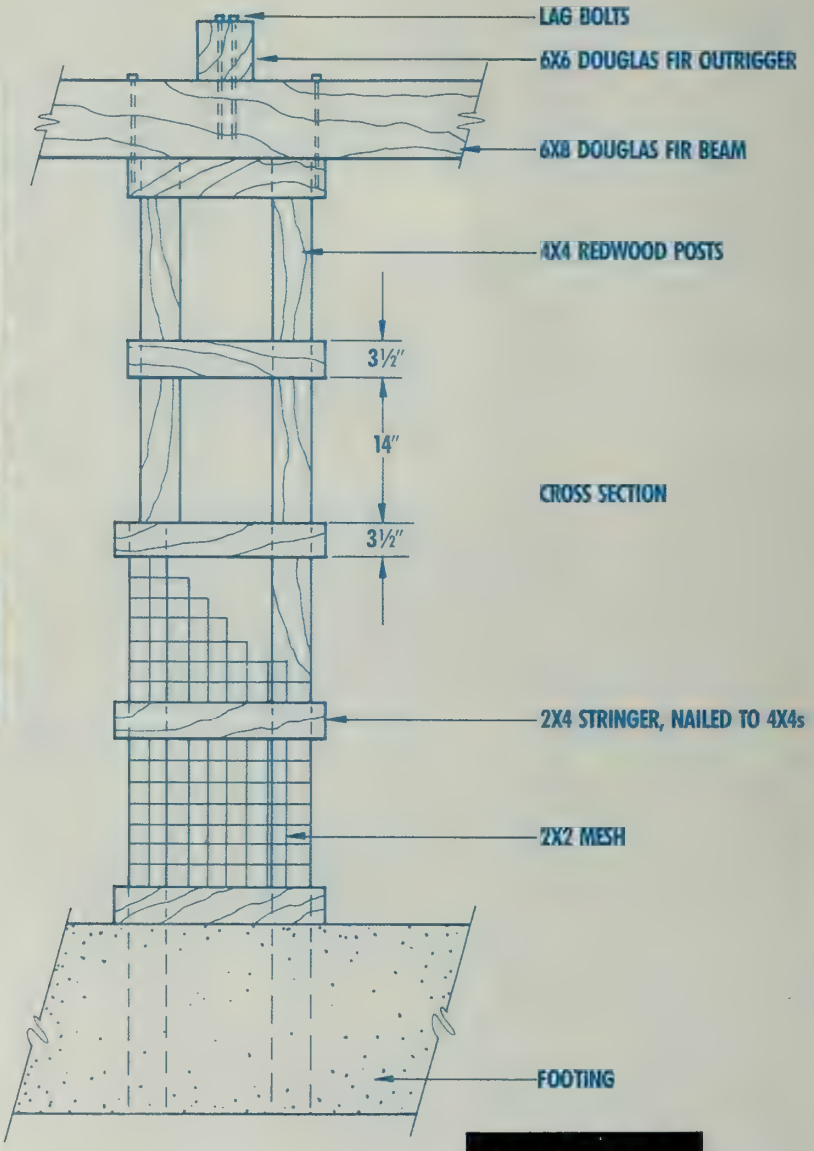
SMALL-SPACE STRATEGIES

Squeezing a pool into the narrow space was the tallest order to fill. "All we really need is some water to dunk into," says Tom. "We didn't want a standard-size pool taking up the whole yard." The solution: A small semicircular dipping pool that's "big enough to splash around in." When it's not in use, the pool reflects its serene surroundings.

Because the garage and driveway eat up nearly half of the backyard, the Giustinas avoided creating a corridor of concrete in the remaining space. Instead of paving their little paradise, they opted to fill in the gaps between the patio and garage with a checkerboard surface of grass and concrete pavers.



Living towers of colorful flowers, the poolside trellis shows off the exotic passionflower and screens off the domineering garage.



Vines are trained on wire mesh in the trellis columns. For more building information, order Project Plan No. 50885 on page 179.

TINY URBAN OASIS

CLEVER CAMOUFLAGE

However handy it may be for parking their cars, the Giustinas' garage would never win a prize for good looks. Now, with a trellis hiding it from view, the garage is the best-dressed feature in the backyard. "We don't even notice it's there now," says Tom.

Columns of the trellis march in a line to the back of the property. "The trellis adds a sense of depth to the yard," says Robin. "The columns carry your eye back to the fence and beyond." A stucco base architecturally ties the trellis to the house.

continued on page 59

E LATEST STYLES. THE GREATEST VALUES. WELCOME TO THE WORLD OF SEARS.



Slumber sensations. Just $99.* Thanks to Sears and Royal Court.

We invite you to experience the lavish style of Royal Court, Sears premier bedroom collection.

Our reversible, 200-count percale comforter is generously overplumped with Quallofil® polyester to give it rich, down-like comfort. Made by Springs,® it's box-stitched for a custom look, and oversized to drape elegantly on all sides.

Luxurious, 200-count, percale sheet sets—made by J.P. Stevens—are a blend of combed cotton and polyester. Completing this beautiful picture are toss pillows and lined window fashions, all available in complementary tones.

Comforter Sets (comprising comforter, shams† and bed ruffle)
Twin–$99 • Full–$139 • Queen–$159 • King–$179
Sheet Sets Twin–$25 • Full–$37 • Queen–$49 • King–$64
Lined window fashion–$44.90 • **Toss pillow**–$16.50

*Price is based on twin size comforter set.
†Twin set includes one pillow sham; Full, Queen and King Sets include two shams.

DUPONT® Royal Court™ COTTON®

Just $10* for the regal luxury of a bath towel made by Fieldcrest® Mill Thanks to Sears and Royal Court.

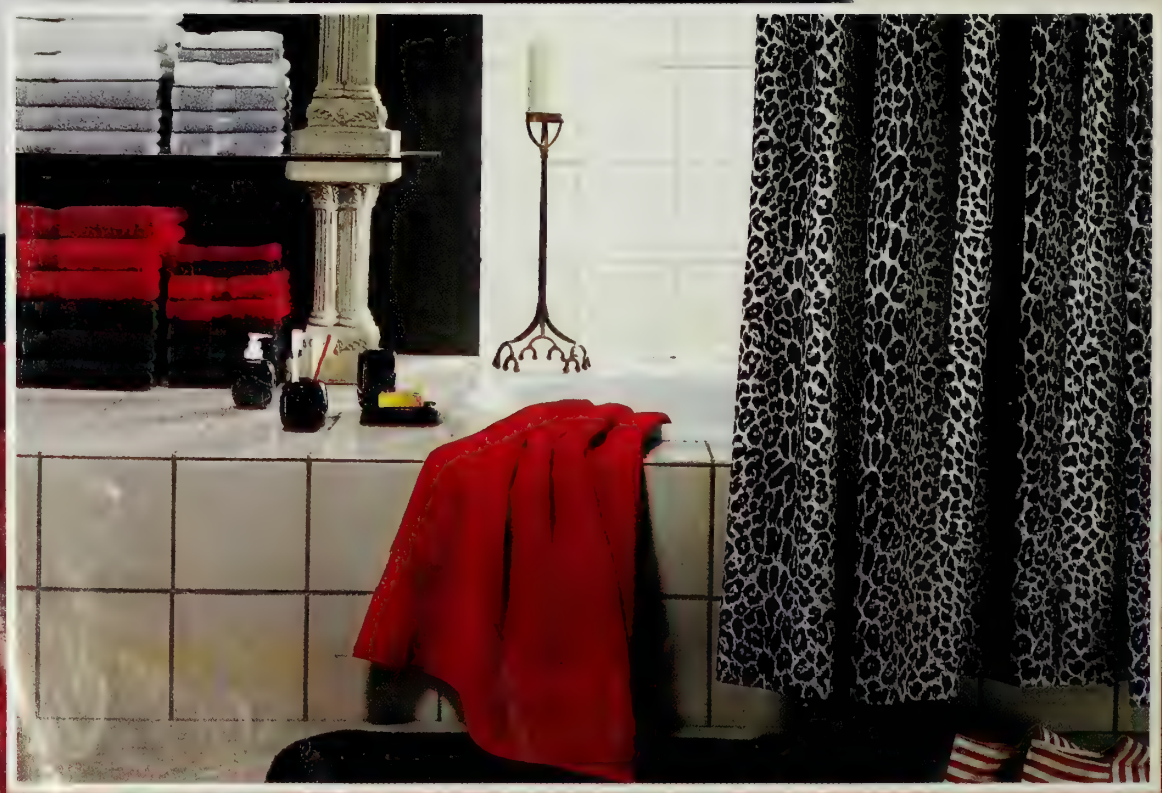
A great reason to transform your bathroom, especially wh you consider that these are Sears premier bath towels. Soft, luxurious and made from 100% combed cotton.

There's also a gorgeous palette of up to 16 colors to choos from. Jewel tones, mid-tones, neutrals and contemporary brights. Completing the special decorator look are the European-inspired shower curtains that are 23% fuller than standard shower curtains. Also, the thick plush rugs and exquisite bath accessories.

The entire collection includes: Bath size towe (27 x 52 inches)–$10 • Hand towel–$7 • Wa towel–$4 • Super size towel (33 x 66 inche $18 • Rug–$16.96 • Shower curtain–$35.

*Price applies only to bath size towel.

Royal Court™





ve $99 or $200 on rsatile furniture sembles. Thanks to rs and Stratolounger.®

o the exciting world of Stratolounger® with two re groups that allow you to create your own ments from an exceptional array of pieces and ic. So many stylish options to choose from. All usly upholstered. All with the assurance of excellent ility because all the fabrics are treated with gard® Fabric Protector.

ERS. Save $99 when you buy the CHEERS Sofa air combination for just **$899**. The collection includes: Sofa–**$549** • Chair–**$449** • Entertainment center–**$699** • Cocktail table–**$269** • End table–**$249** • Loveseat–**$529** • Queen size 7-inch innerspring sleeper–**$699.** The Group offers a choice of 12 pieces, 24 colors in textured fabrics or velvets,* with solid oak accents.





CELEBRATION. Save $300 when you buy the 3-piece sectional (left arm recliner, wedge and armless full size sleeper). This combination costs just **$1299** (compared to **$1599** at regular separate pricing). The CELEBRATION collection also presents you with a 9-piece mix and match opportunity, so you can furnish a room of any size. Choose from many custom covers at no extra charge. Swivel rocker or close-up recliner (shown at left)–**$399.**

*Velvets at an additional charge.



Three sizes, one price.

Full, queen, and king size bedding.

Thanks to Sears and Sealy, it's amazing how much comfort and quality you get at such affordable prices. Especially now when they offer three bedding sizes all at the same price for each piece. And you can choose from three comfort levels. This offer ends June 30, 1990.

Sealy Comfort Guard Deluxe II
Full, queen and king.
Warranty: 5 years
$99 each piece

Sears Elegance Classic II or Sealy PostureCrest II
Full, queen and king.
Warranty: 10 years
$149 each piece

Sears-O-Pedic® Imperial Ultra II or Sealy Posturepedic® Elite II
Full, queen and king.
Warranty: 15 years
$199 each piece

comfort promise

Sleep on it for 30 nights. Not happy? We'll buy it back!

Queen and king size sold in sets only • King size requires two foundations • All Sealy bedding available in polyurethane foam • Sears bedding and Sealy PostureCrest II and Posturepedic Elite II are available in innerspring construction • Twin sizes also available. See store for warranty details.

All prices listed in this merchandise offering apply only to the Continental U.S. except Alaska.

SEARS

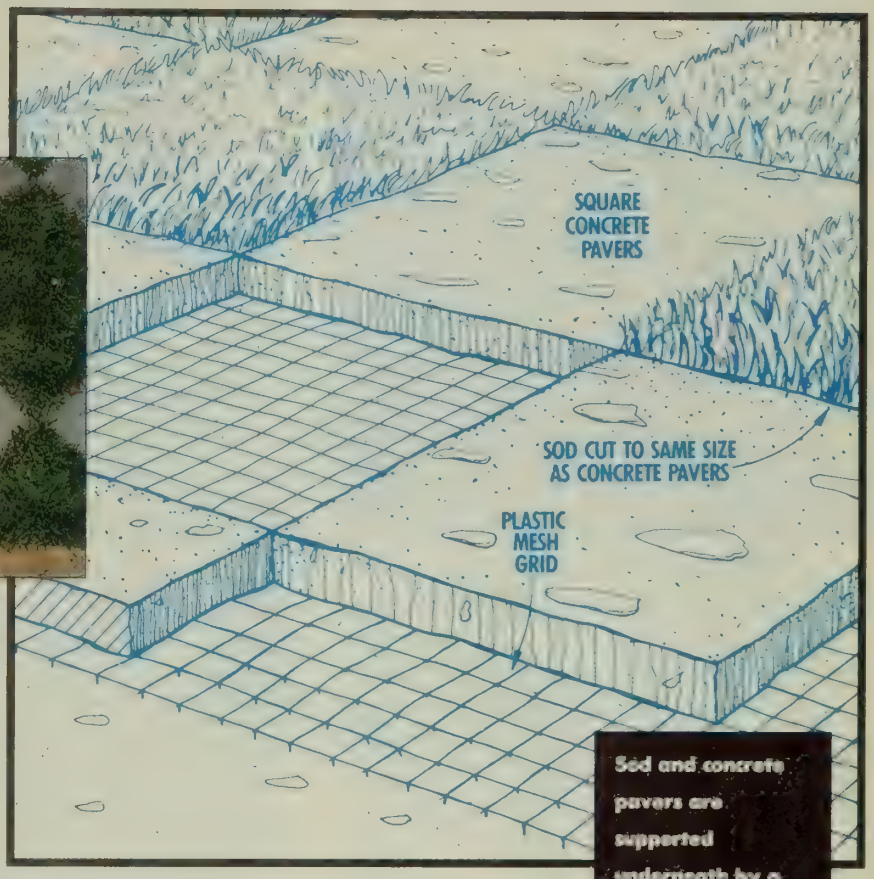
Your money's worth and a whole lot mo

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ontinued from page 54

INY URBAN OASIS





Sod and concrete pavers are supported underneath by a plastic grid to prevent uneven settling.

BLE-DUTY SURFACE

cause lawn mowing is their least fa- e summer pastime, the Giustinas tain a small grass-and-concrete sur- nstead. Connected to the driveway, neckerboard turf treatment is tough gh to withstand occasional car jug- , but not so gray that it looks like a ted parking lot.

e separate blocks of turf give the im- ion that they would be tedious to trim, but Tom has found that just the opposite is true. "I simply mow over the whole area, then hand-trim the edges once in a while," he says.



Passionflower grows in warm climates.

ANNUAL VINES

- Black-eyed susan vine (*Thunbergia alata*)
- Canary-bird flower (*Tropaeolum peregrinum*)
- Cardinal climber (*Ipomoea multifida*)
- Cup-and-saucer vine (*Cobaea scandens*)
- Hyacinth bean (*Dolichos lablab*)
- Moonflower (*Ipomoea alba*)
- Morning-glory (*Ipomoea purpurea*)
- Nasturtium (*Tropaeolum majus*)
- Scarlet runner bean (*Phaseolus coccineus*)
- Sweet pea (*Lathyrus odoratus*)

PERENNIAL VINES

- Bougainvillea (*Bougainvillea glabra*)
- Clematis (*Clematis jackmani*)
- Dutchman's-pipe (*Aristolochia durior*)
- Honeysuckle (*Lonicera* species)
- Passionflower (*Passiflora* species)
- Plumbago (*Plumbago capensis*)
- Silver-lace vine (*Polygonum auberti*)
- Sweet autumn clematis (*Clematis paniculata*)
- Trumpet vine (*Distictis* species)
- Wisteria (*Wisteria* species)



Three sizes, one price.

Full, queen, and king size bedding.

Thanks to Sears and Sealy, it's amazing how much comfort and quality you get at such affordable prices. Especially now when they offer three bedding sizes all at the same price for each piece. And you can choose from three comfort levels. This offer ends June 30, 1990.

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All prices listed in this merchandise offering apply only to the Continental U.S. except Alaska.

SEARS

Your money's wor
and a whole lot mo

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FORD EXPLORER. BE

You know what's out there.

A big country, filled with miles and miles of highway, miles and miles of look-alike, drive-alike cars.

You also know that just ahead, off the crowded, congested highway, there's another, different world.

It's just waiting to be explored.

FORD DISCOVERED NEW HEIGHTS, DEPTHS, WIDTHS AND LENGTHS.

Compact sport utility vehicles seemed to be your passport to virtually anyplace — from the cabin on the mountaintop to the cafes and shops on the far side of town.

Unfortunately, most of the vehicles didn't give you much room to stretch in, much less explore in.

Little wonder that Ford's engineers and designers were determined to find a new and different route. Because they did, *the wide open space is right here,* inside Explorer.

THE 1991 EXPLORER. DESIGNED FROM THE GROUND UP.

Compact sport utility vehicles were just a little too compact for the people utilizing them.

But, instead of merely "stretching" a 2-door vehicle, the way others have done, Ford designed 4-door Explorer from the ground up.

The key to new spaciousness is as simple as it is ingenious: a longer wheelbase — the longest in its class.

In addition to increasing capacity, this wheelbase can help make a road feel less rough and rocky. Doors are wide for easy entry and exit, a benefit enhanced by a low step-in height.

DISCOVER SOMETHING NEW: MORE ROOM FOR ADVENTURE.

Inside, 6 people* can find something new to explore: room. Headroom, legroom, cargo room. In fact, *4-door Explorer is more spacious than any vehicle in its class.*

And, whenever you get in here to go out there, you can pack all you'll need in Explorer's big, deep cargo space.

Cargo doesn't have to be jammed around the full-size spare tire; it's mounted below the cargo area. (It's out of the way, but easy to get to.)

Whenever you carry long or bulky cargo, just fold down the rear split-bench seats.

The rear access is also versatile; you can open just the window or raise the entire liftgate.






BECAUSE WE KNOW WHAT'S OUT THERE, YOU'LL FIND MORE IN HERE.
INTRODUCING EXPLORER.
Ford

EHIND ITS FOUR DOORS



DESIGN: A THOROUGH AND REWARDING EXPLORATION.

Anyone interested in the aerodynamics of motor vehicles will want to look beyond Explorer's sleek and contemporary surface to see *why* it's shaped the way it is. Here, form is beautifully integrated with function.

The limousine-style doors are good-looking, good for entrances and exits. But, because they're curved to meet the roofline, they also help reduce wind resistance. The hidden drip rail system, bumpers and slope of the windshield all contribute to air flow management. The flush-mounted side windows even help reduce noise.

BUILT TO TAKE IT, WHEREVER YOU TAKE IT.

The four-wheel drive Explorer is equipped with Twin-Traction Beam front suspension for independent wheel action.

The frame has ladder-type construction with heavy gauge channel side rails and 5 crossmembers.

P235 OWL all-terrain tires are available.

The 4-door Explorer has been named "Four Wheeler of the Year" by Four Wheeler magazine. Competing against some of the newest vehicles in its class, foreign and domestic, Explorer ranked #1 in on-road ride and drive, exterior styling, and overall interior excellence.

EXPLORING IN UNEXPECTED COMFORT.

Driving a sport utility vehicle once meant "roughing it." No more. Just explore the options.

In the top-of-the-line Eddie Bauer model, you get power windows, door locks, remote-control mirrors and more. The tilt steering wheel and rear window wiper/washer/defroster are easy to use. A tilt-up open-air roof brings the outdoors in. Options that are easy to love include the Ford JBL audio system and sport bucket seats with leather seating surfaces.

THERE ARE 2-DOOR EXPLORERS AND 4-DOOR EXPLORERS.

When some of you explore, you want the whole gang along. Plus, gear enough for a gang.

Others prefer to travel alone, without a lot of baggage.

Whichever model is right for you, keep in mind: *The 4-door Explorer is not a "stretched" 2-door. The 2-door captures the spacious feeling of the 4-door.*

If you seldom encounter conditions that call for 4-wheel drive, 2-wheel drive only models are available.



*4-door model with optional front bench seat.

THERE'S A BIG NEW WOR



RLD TO DISCOVER.

EXPLORE NEW ROADS AT THE TOUCH OF A BUTTON.

With all other 4x4 compact utility vehicles, shifting to 4WD means struggling with a clumsy floor-mounted shift that uses up almost as much passenger room as it does elbow



grease.

Explorer has Ford's exclusive Touch Drive system. With one push of a dash-mounted button, you shift from 2- to 4-wheel drive high, and back again, on the fly.

DISCOVER REAL POWER.

The powerful and energetic engine is Ford's multi-port fuel-injected 4.0L V-6. It's controlled by Ford's EEC-IV computer which continuously "fine tunes" the engine by controlling the fuel-air mix and adjusting the spark timing.

Power front disc brakes are standard, as is the rear anti-lock brake system.

When properly equipped, *4-door Explorer can tow 5,300 lbs.* That's real pulling power.

TO EXPLORE IN CONFIDENCE: THE 6/60 POWERTRAIN WARRANTY.

Covers you and future owners, with no transfer fee on major powertrain components for 6 years/60,000 miles. Ask to see a copy of this limited warranty at your Ford Dealer.

At Ford, "Quality is Job 1." You'll see ample evidence of that when you encounter the 1991 Explorer.

If you know what's out there, you know that nothing else measures up.

BEST-BUILT AMERICAN CARS AND TRUCKS.

The best-built American cars and trucks are built by Ford Motor Company. This is based on an average of consumer-reported problems in a series of surveys of all Ford and competitive '81-'89 models designed and built in North America.

EXPLORER

Ford

Have you driven a Ford . . . lately?

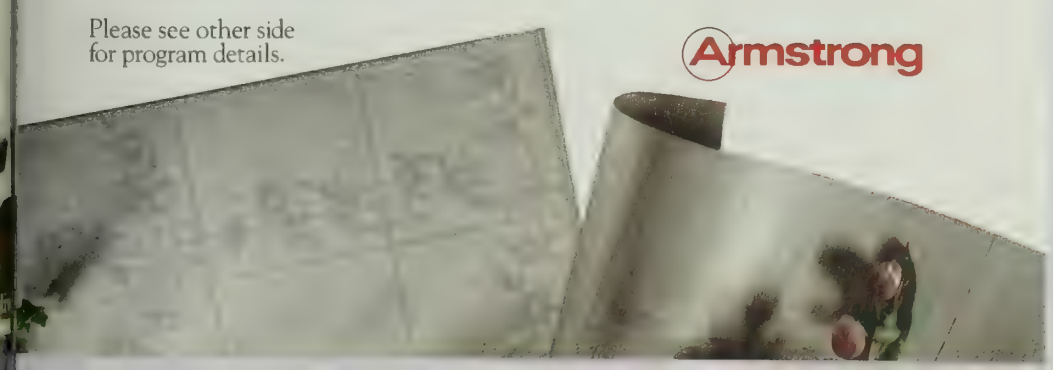


Buckle up — together we can save liv

Buy your new Armstrong floor now,
and take advantage of a
limited time offer at your nearby
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for program details.

Armstrong

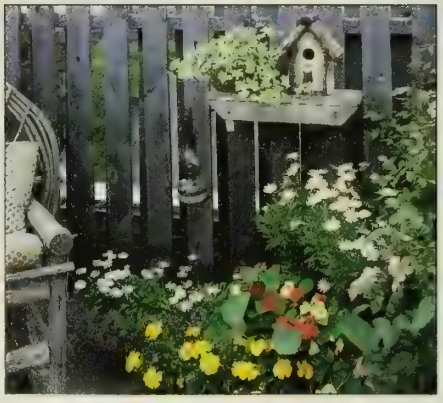


Up On The Roof

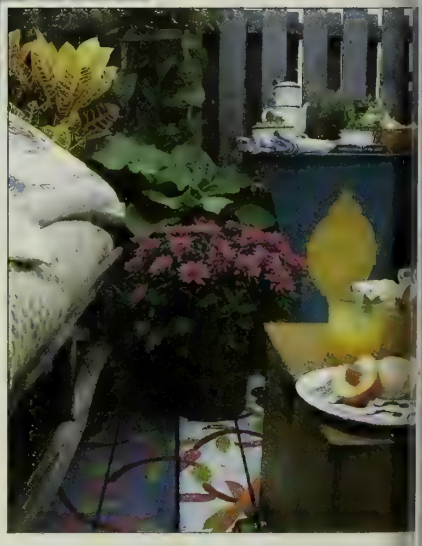


PHOTOGRAPH: RANDY FOULDS DESIGN: M. J. BERRIES REGIONAL EDITOR: ESTELLE BOND GURALNICK

Hand-painted "rugs" keep Jon Hattaway and Martin Potter's rooftop retreat colorful even when it's under clouds. Weather-resistant twig furniture provides ample seating. On rainy days the pair stow cushions and pillows in plastic trash cans hidden behind the fence.



Containers of roses, asters, marguerites, marigolds, nasturtiums, and sweet alyssum bloom with abandon on the sun-soaked rooftop.



Jon and Martin host Sunday brunches on their eye-opening hideaway. Here, croton, rhubarb, chrysanthemum, and mandevilla flank a serving table.

High above the streets of Boston rests the spectacular rooftop retreat of Jon Hattaway and Martin Potter. With no yard space for a traditional garden, the pair pooled their talents and transformed their vacant, 12×12-foot rooftop into an elevated Eden.

Decorative painters by trade, Jon and Martin used exterior polyurethane paint to create two vibrant floor "rugs" on the otherwise mundane decking. A 4-foot-high fence ensures privacy and cuts down on blustery crosswinds. Because the only access to the rooftop is through a skylight, Jon and Martin decided to furnish their oasis with lightweight twig furniture that could be left in place all year long. Cushions and pillows add color and comfort.

Buy your new Armstrong floor now,
and take advantage of a
limited time offer at your nearby
Armstrong retailer.

Please see other side
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Armstrong



You have a special opportunity to save on Armstrong's best floor coverings.

During the month of May, many Armstrong retailers are offering a $2 per square yard rebate on your favorite designs and colors. Save on the following Armstrong products:

Solarian® Supreme
Designer Solarian II
Designer Solarian

To find the name and location of the participating retailer nearest you, call **1 800 233-3823** and ask for "SMART."

Minimum purchase, 12 sq. yds.; maximum purchase, 50 sq. yds. per household.

Armstrong

ARMSTRONG PUTS THE HEIGHT OF FASHION RIGHT AT YOUR FEET.





Gone are the dried flowers, the dark woods, the clutter. Today's more sophisticated country kitchen is lighter and brighter. More open and more colorful.

Armstrong is right in step with our fresh new Country Collection of Solarian® floors.

This collection's pastel blush of color and subtly textured patterns provide a homey counterpoint to delightful things both warm and whimsical. They add just the right touch of country to the kitchen.

For free product information and the name of your nearest Armstrong Floor Fashion Center® retailer, call the toll-free Armstrong Consumer Line, 1 800 233-3823, and ask for Dept. 06FBH.Or write to: Armstrong, Dept. 06FBH,P.O. Box 3001, Lancaster, PA 17604.

Armstrong

so nice to come home to™

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AGONY.

ECSTASY.

With Tilex® you just spray. In minutes mildew stains disappear. With no scrubbing. No agony. It's that easy.

Tilex® Instant Mildew Stain Remover.

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Joy's gazebo sets the stage for her celebrated Sunday brunches. Built in a secluded spot near the pool, the all-wood structure complements the backyard's naturalistic design.

PHOTOGRAPHS: GENE JOHNSON. DESIGN: LYNN BITTING. REGIONAL EDITOR: MARY ANNE THOMSON

The Great Outdoors

SERENE HIDEAWAY

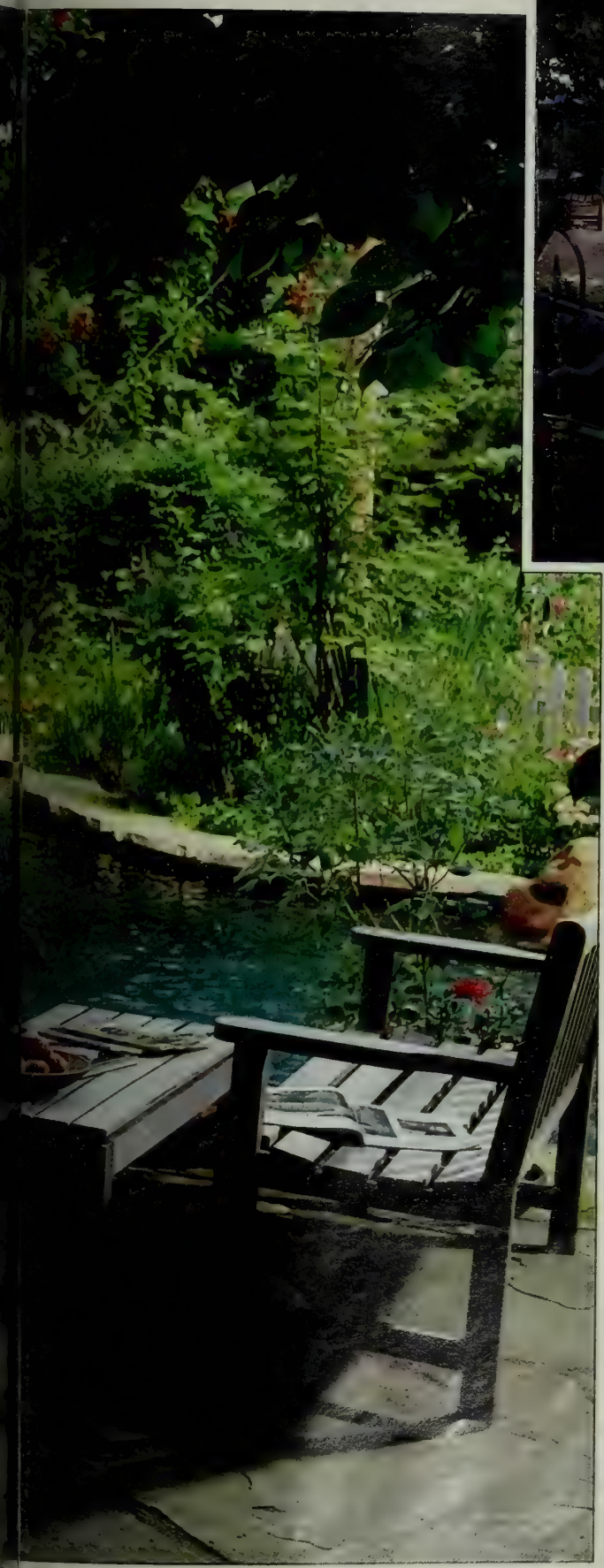
IT'S ONLY NATURAL THAT JOY STINGER FINDS REFRESHMENT IN HER BACKYARD. HIDDEN AMONG THE TALL TREES OF HER SUBURBAN ST. LOUIS NEIGHBORHOOD, JOY'S PRIVATE OASIS OFFERS THE SHADE AND SOLITUDE OF AN UNINHABITED FOREST, AND THE COOL, CLEAR WATER OF A WOODLAND POND. COMFORTS THAT ONLY HOME CAN PROVIDE COMPLETE THE SERENE SCENE.

Serene Hideaway

Right at home in Joy's 120×270-foot wooded backyard, the 12×35-foot free-form pool has a poured concrete bottom, painted black to create a pond effect. Weathered wood furniture blends with the flagstone patio.



Pool, patio, and plants join together as if people never had a hand in the plan.





A wrought-iron railing separates the upper brick patio from the lower flagstone patio. For pool safety, the entire backyard is protected by 6-foot-high stockade fencing, naturally disguised by a leafy-green cloak of trumpet vines.

A stormy day cleared the way for Joy to build the swimming pool of her dreams. Like a subtle suggestion from Mother Nature, strong winds uprooted a large tree in Joy's backyard, giving her an opportunity to dive into action. "I had to do something about the huge hole the tree left," she says. "I had always wanted a pool, but not just any ordinary pool."

Finding space in the yard for swimming was easy (the double lot measures 120×270 feet), but blending a pool into the sylvan setting was a challenge. A standard fiberglass mold surrounded by stark pavement just wouldn't do. "I wanted the pool

continued on page 74

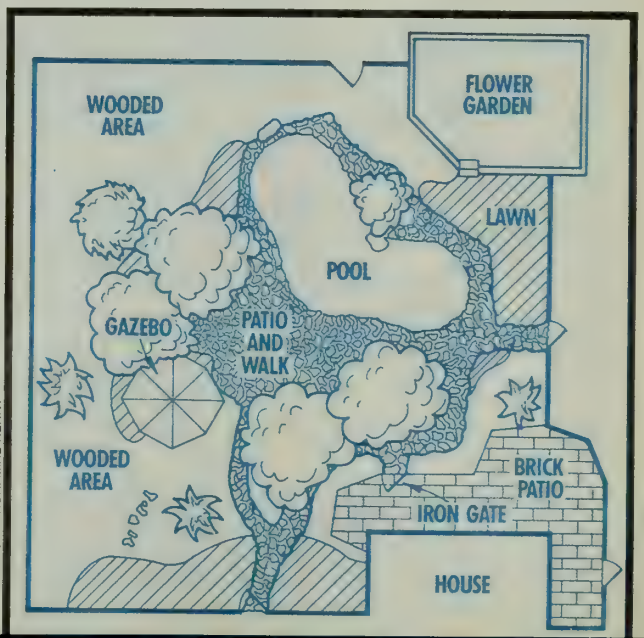


ILLUSTRATION: MIKE HENRY

continued from page 73

to look like a pond in a wild setting," says Joy. To offer all of the comforts of home, however, it had to play a more sophisticated role than an ol' swimmin' hole.

Landscape designer Lynn Bitting helped by creating a restful back-woods hideaway that would fool even Mother Nature. (See the plan on *page 73.*) Pool, patio, and plants join as harmoniously as if people never had a hand in the plan.

NATURE'S WAY

To imitate a woodland pond, Lynn custom designed a 12×35-foot free-form pool that seems to melt into the site. Painted black, its poured concrete bottom absorbs rather than reflects sunlight, turning the "color" of water from the traditional aqua-blue to a more down-to-earth hue.

The flagstone patio creates a seamless flow around the pool. Overhanging the water, stones enhance the pond effect by concealing the concrete edges. A partially submerged boulder and diving rock are authentic touches. "People have asked me if it's a fish pond," says Joy.

Tucked into the trees for poolside seating and entertaining, the gazebo adds homey comfort to the yard's woodsy charm. It accommodates up to 10 people for Joy's frequent Sunday brunches with friends. Interior lighting supplements candlelight for late evening suppers.



The 10-foot-diameter poolside gazebo features a built-in table and perimeter benches. For building information, order Project Plan No. 50866 on *page 179.*

The gazebo adds homey comfort to the yard's woodsy charm.

A flower border reflects the gentle, flowing curve of the pool. Featuring easy-going native plants, the garden is "gracious without being manicured," Joy says. After all, when it comes to landscaping, Mother Nature knows best.

SERENE HIDEAWAY



THE STORY OF THE MOST COMFORTABLE SPOT IN THE HOUSE.

It happens to many people who buy a Serta® Perfect Sleeper.® First, they realize it's the most comfortable bed they've ever slept on. And then, slowly but surely, they discover it's more than just a place for sleep.

It's a place for families to come together. To watch TV. Or maybe just listen to one of Grandma's best stories.

It's because Serta has the comfort you won't find in any other mattress. Or in any other place. It's this kind of comfort that makes your Serta a very special spot indeed. The most comfortable spot in the house.

That's our story. And it's one you might want to read up on.

No wonder people are saying: "I Want My Serta!"

PERFECT SLEEPER®
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Why sit around and watch summer re-runs, when you can watch summer? Or see the kind of fall programming Mother Nature brings to trees?

A Pella® window brings new meaning to the expression

THE REASON SOME PEOPLE RUS

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The Great Outdoors

GAZEBOS TO BUILD

Here are five of our most popular gazebo designs that you can build in your own backyard this summer.

To order plans for any of these gazebos, send check or money order for $8.95 per plan, to *Better Homes and Gardens*® Reader Service, Dept. 24S, Box 374, Des Moines, IA 50336. Please be sure to specify plan number (shown under each photo).



PHOTO: RICK TAYLOR. DESIGN: JEFFREY JOHNSON

Plan No. 50656. **Lattice rail supports and arched openings make this fanciful gazebo a delightful place in which to sit on a breezy summer day.**



PHOTO: PERRY STRUSE. DESIGN: JIM DOWNING

Plan No. 50608. **If you want a gazebo large enough to accommodate family parties, choose this 12-foot-wide model. There's even a skylight in the roof.**



Plan No. 50463. **This gazebo's railings, benches, and decorative trim are all adopted from oriental designs.**

Plan No. 50466. **A short bridge over a serene lily pond connects this eight-sided gazebo to a nearby deck. Extra rafters provide support for a hanging swing.**



PHOTO: RICK TAYLOR. DESIGN: JEFFREY JOHNSON



PHOTO: KARLIS GRANTS. DESIGN: MAX JOHNSON

Plan No. 50738. **Who says gazebos are for flat terrain only? Here's an inviting retreat that's designed to cantilever over a steep slope. The Chippendale-style latticework adds architectural character.** BH&G





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AT HOME OUTDOOR

PHOTOGRAPHS: D. RANDOLPH FOULDS. LANDSCAPE DESIGN: JULIE MOIR MESERVY/MESERVY ASSOC. REGIONAL EDITOR: ESTELLE BOND GURALNICK



White lattice around the deck complements the Victorian style of the Fiske family's vintage New England home. Peekaboo portholes offer views to the gardens below.

The Great Outdoors

NARROW ESCAPE

MOST FOLKS GATHER IN THEIR BACKYARD TO RELAX AND PLAY, BUT CRAMPED CONDITIONS ON A CORNER CITY LOT FORCED NANCY FISKE TO BEND THE RULES FOR HER FAMILY. WITH BORROWED SPACE FROM THEIR SIDE YARD, NANCY AND HER THREE YOUNG CHILDREN NOW ESCAPE TO THEIR SLIM-AND-SLEEK WRAP-AROUND RETREAT FOR OUTDOOR FUN IN THE SUMMER.

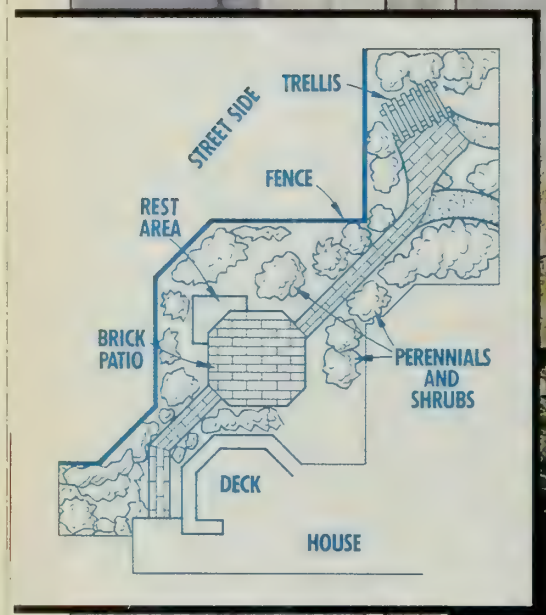


ILLUSTRATION: MIKE HENRY

NARROW ESCAPE



Screening the yard without suffocating it, the solid fence is a striking backdrop for Nancy's favorite plants, including impatiens, hardy lily, hosta, enkianthus, and miscanthus.

From bleak to sleek: The narrow yard is a secluded retreat for people and plants.

Moving into a beautifully restored Victorian home in New England several years ago was a mixed blessing for the Fiske family. The house was roomy, but the property was gloomy. Shortchanged on usable backyard space, Nancy soon realized that their busy corner lot lacked safe outdoor romping room for her three active young sons.

GETTING SIDETRACKED

A simple streetside privacy fence was Nancy's original solution. "I focused entirely on creating a protected place for the boys to play," she says. "At the same time, it was important to me that the fence enhance the style of the house, not just enclose the yard."

Nancy expanded her horizons after landscape architect Julie Moir Meservy unearthed the little lot's big potential. Stealing space from the side yard, Julie designed a narrow wraparound retreat that caters to both children and adults. (See the plan on *page 82.*)

"Small yards don't have to be limiting," says Julie. "What we created here is a peaceful, contemplative garden that's child-oriented, yet pleases parents, too."

LONG ON LOOKS

A solid privacy fence screens the Fiskes' yard from street traffic. Its zigzag pattern breaks up the property's boring, bowling-alley proportions into secluded spaces designed for playing and planting.



Angling the fence creates an intimate seating area, embellished with a vine-covered trellis. Intersected by a grass path, flower borders keep yard maintenance to a minimum.

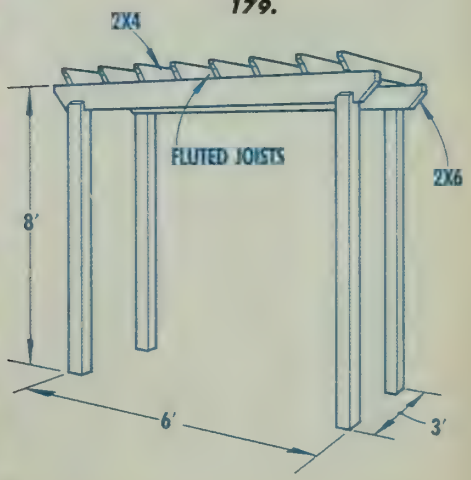
NARROW ESCAPE

The secret to solitude in the city, eye-pleasing screening shuts out the outside world.



A "window" in the lattice lets Nancy supervise play from the deck. Bats, balls, and bikes are stowed away in the storage area below.

The simple trellis design is built of stock fencing parts. For more building information, order Project Plan No. 50858 on *page 179.*





Zigzagging around the house from the backyard to the side yard, the privacy fence divides the yard into intimate garden and seating areas, linked together by a meandering brick path.

"Interesting angles and corners in th fence make the narrow yard seem a l bigger than it really is," says Julie.

The diagonal screening is attractiv even from the street, says Nancy. "It amazing how many people tell us tha when they look at the fence and catch glimpse of what's beyond, they'd love t be invited inside."

THE GRASS IS GREENER

The Fiskes' side of the fence is the mos pleasant place to stay on a summer's day A safe haven for her kids, the yard offer Nancy peace of mind, too. Gardens fille with childproof perennials, such as dayli lies, hostas, and ornamental grasses, sur vive the occasional bouncin of stray balls and trouncing o young feet.

A brick path linking the dif ferent garden areas winds to a trellis-covered bench. The trel lis is "the heart of the garden," says Nancy, "a destination surrounded by sunny spaces." While the boys speed by on bikes and trikes, Nancy can enjoy the race from a comfort able place.

Fresh-air fun leads to healthy appe tites, and eating on the deck is a treat. Conveniently located off the kitchen en trance to the house, the elevated deck is surrounded by lattice that blocks the view but not the breeze.

Once starved for backyard space, the Fiskes' side-yard solution satisfies their hunger for outdoor living. "It's our little corner of the world," says Nancy.

A path lures you farther into the garden and deeper into a summertime spell.

NARROW ESCAPE



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Swimming Pool Safety

On a hot summer day every kid loves a refreshing dip in the backyard pool. Unfortunately, in many states, accidental drowning is one of the leading causes of death for children under 5 years of age. If you own a swimming pool, safety should be your primary concern. Here are some tips to keep your pool both safe and fun this summer.

- Construct a climb-proof fence to separate the pool from the rest of the backyard. Check with your city's building codes for the height requirement (usually a minimum of 5 feet). The fence should not block views of the pool from the house.
- Install gates with self-closing, self-latching spring locks. Position latches at least 54 inches above the ground. Keep gates maintained for proper functioning.
- Install a slip-resistant patio surface, such as textured concrete, around the pool to prevent falls.
- Keep windows and doors that lead to the pool area locked at all times. Alarms, which will warn you when a door or window has been opened, are a good investment. In-pool alarms (devices that emit a signal when water has been disturbed) also are available. Keep in mind that no alarm system can substitute for close parental supervision.
- Use an approved pool safety cover that will support not less than 30 pounds per square foot. Remove it completely when the pool is in use. When the cover is in place, there should be no gaps that allow little ones to slip through.
- Enforce these basic safety rules: no swimming without parental supervision, no diving in shallow water, no running, and no roughhousing. Post the rules near the pool and review them frequently with young swimmers.
- Watch children at all times. Never assume that a child is water-safe, even if he or she has had swimming lessons. If you have to leave the pool area, even for a brief time, take the child with you or leave a responsible adult to supervise. Consider purchasing a portable phone so you can remain by the pool.
- Store all pool toys when not in use. If left floating in the pool, they can tempt youngsters to jump in. Never rely on inflatable pool toys, such as inner tubes and arm bands, to keep children afloat.
- Install a safety line across the width of the pool where the shallow water turns deep. Make it clear to inexperienced swimmers that they should never cross that line.
- Keep rescue equipment, such as a long-handled hook or life ring, at poolside. It's a good idea for at least one member of your family to have lifesaving and CPR training.
- Remember that as a pool owner, you are responsible for the safety of everyone who uses your pool.

SUMMER.



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you can make delicious strawberry jam.



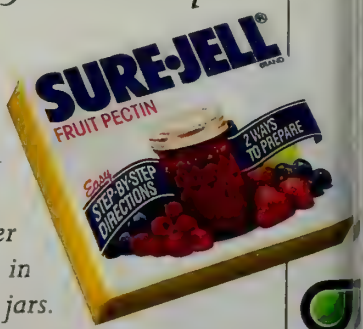


SURE·JELL® Easy Homemade Strawberry Jam Recipe

Fruit Pectin

2 cups mashed strawberries (about 1 qt.)*
1 pkg. SURE·JELL® Fruit Pectin
4 cups sugar
¾ cup water

1. *STIR strawberries and sugar together, mixing thoroughly. Set aside.*
2. *STIR SURE·JELL® and water in saucepan. Bring to a boil, stirring constantly. Boil 1 minute.*
3. *STIR mixture together until sugar is completely dissolved and no longer grainy. Pour into containers. Cover. Let stand overnight. Store in freezer until opened. Then store in refrigerator. Makes 4 (8 oz.) jars.*



Important: *Measure sugar exactly and do not reduce amount or jam will not set properly.* ****Helpful Hint:*** *A potato masher works best.*

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GENERAL FOODS USA

PHOTOGRAPHS: JOAN VANDERSCHUIT DESIGN. STEVE ADAMS AND RICK FOX. REGIONAL EDITOR: SHARON HAVE



Fresh strawberries and quiche are family favorites for weekend brunch. "Spending leisurely Sunday mornings in our backyard brings us closer together," says Sharon.

The Great Outdoors

WINNING AN UPHILL BATTLE

WARM CALIFORNIA WEATHER CATERS TO YEAR-ROUND OUTDOOR LIVING. "WE, HOWEVER, HAD AN UGLY YARD THAT WE TRIED NOT TO LOOK AT, MUCH LESS VENTURE INTO," SAYS SHARON HAVEN. ONCE A WEED-INFESTED CATCHALL FOR THEIR KIDS' ABANDONED TOYS, THE HAVENS' REDESIGNED SAN DIEGO BACKYARD IS NOW THE HEART OF THEIR HOME, THE CENTER OF FAMILY FUN.



Winning an Uphill Battle



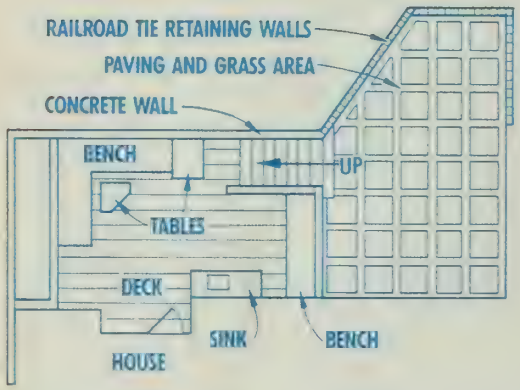
Carved out of a steep slope, the hillside haven is the family's favorite "room."

Challenged by slim boundaries set by a retaining wall, Sharon and Clayton Haven transformed their problem 15×50-foot backyard into a trouble-free all-season retreat.



KIM BRUN

Designed for cooking and eating, the deck features a kitchen, complete with sink and storage.



Regrading the hill creates two levels: a deck for entertaining and a patio for recreation.



KIM BRUN

Winning An Uphill Battle

The house, not the yard, sold Sharon and Clayton on the neighborhood when they bought their home several years ago. Today, the family's favorite "room" lies just outside their back door. "Investing in our backyard has changed our lives," says Sharon.

The Havens' little Shangri-la draws the busy family together. On Sundays the pull is Sharon's sumptuous brunches; on any day their new yard is a ready stage for reading or just relaxing. Indoor comforts mixed with outdoor charm provide just the right recipe for fresh-air fun.

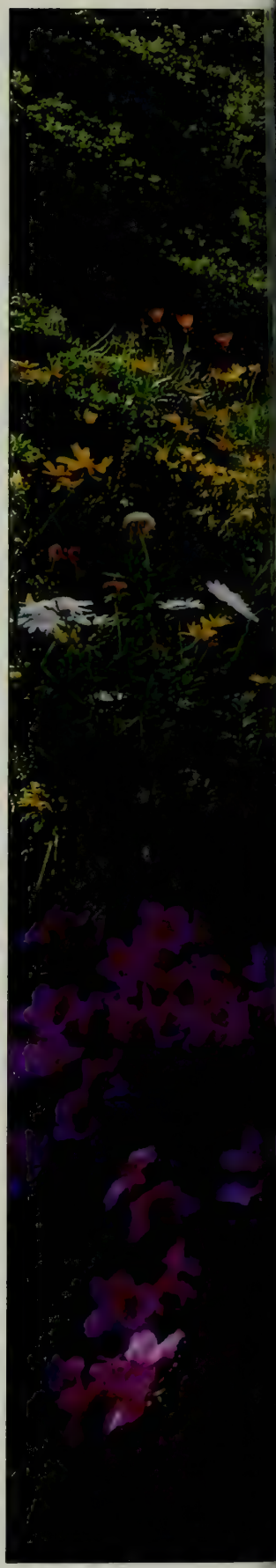
HAVEN CAN WAIT

A steep slope in the Havens' backyard kept them at bay for years. The landscaping challenge it posed seemed insurmountable. A retaining wall held back a towering mountain of fill dirt, supporting the street above. The yard dropped off sharply in two directions, leaving a usable area of only 15×50 feet. Civilizing the wild hillside would be no small task.

"Since we are of the don't-do-anything-until-you-can-do-it-right school," says Sharon, "we lived with the natural terrain (weeds) until we could do it all."

PATIENCE PAYS

Sharon and Clayton hired a landscape architect to draw a design (see the plan at *left*) based on their list of what they wanted in their backyard retreat: a comfortable outdoor entertaining and eating





Once a weedy slope, the hillside is now cultivated with no-fuss native plants. Automatic sprinklers help flowers fend for themselves. Dichondra thrives between patio pavers.

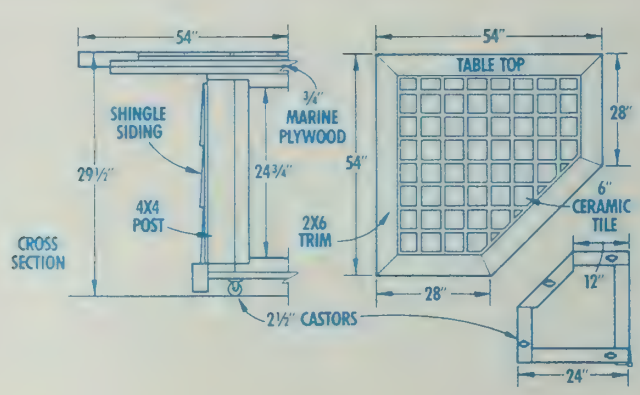
Blooms billow over the wall and soften the slope's sharp drop-off.



The tile-top table rolls on casters for easy maneuvering on the deck. For more building information, order Project Plan No. 50857 on page 179.

PHOTOGRAPH: KIM BRUN. TABLE DESIGN: SHARON HAVEN. ILLUSTRATIONS: MIKE HENRY

The Havens gather daily in the fresh air for picnic-style fare.



WINNING AN UPHILL BATTLE

area with a shade structure, an outdoo kitchen, a flat surface where Matt an Amy could play games, priva cy from neighbors and th street above, an automatic wa tering system, and lots of low maintenance plantings.

The project was a bigge task than Clayton and Sharo could tackle themselves o weekends, so they sent the de sign to several contractors fo bids. "We were horrified when the esti mates started rolling in," says Clayton "Some were higher than the purchas price of our house!"

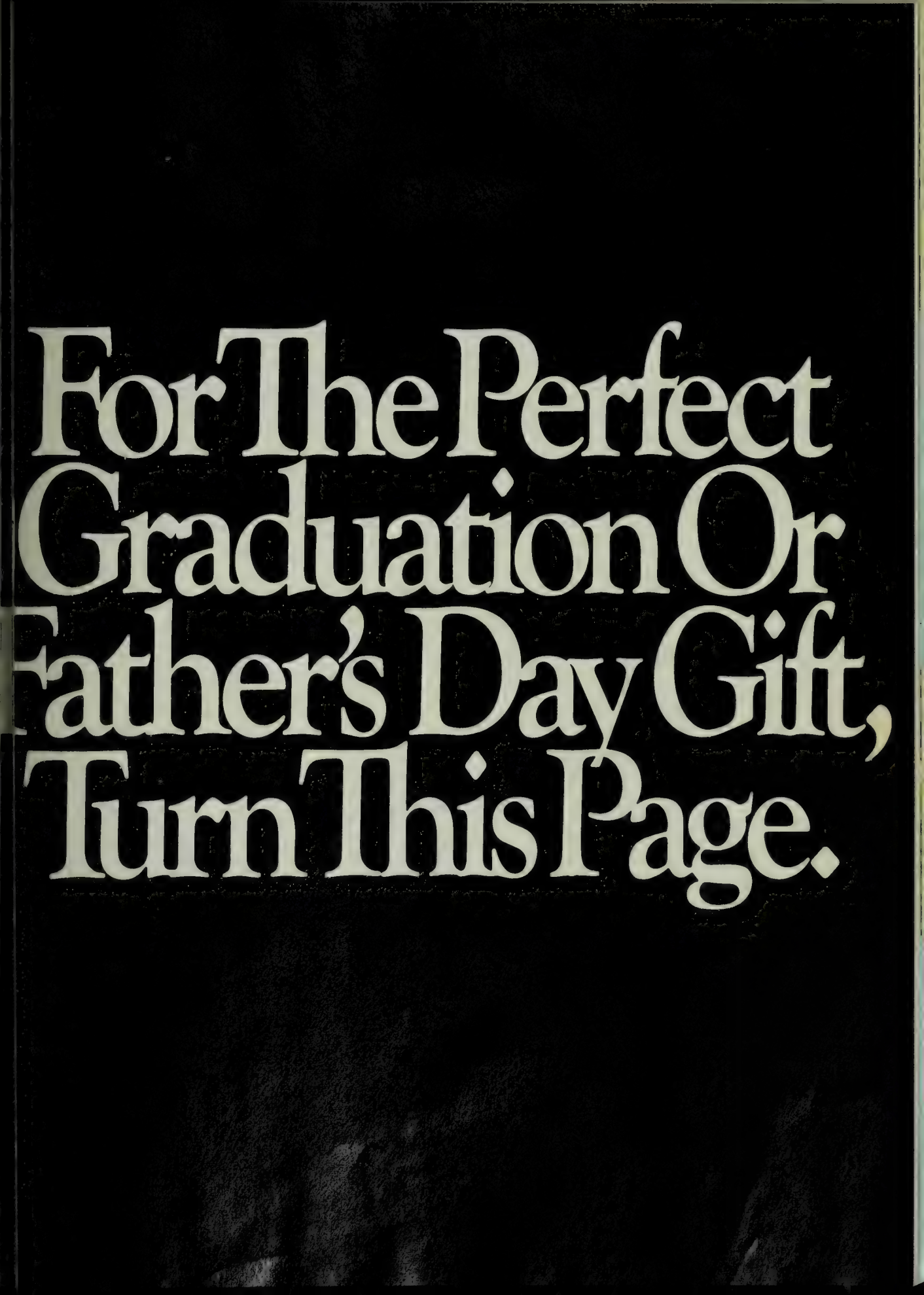
CUTTING CORNERS

Instead of giving up on improving thei backyard, the couple searched for ways t cut corners without compromising quali ty. "We didn't want to tamper with the basic design," says Sharon, "but we had to come up with some way to lower the cos of the project. The trade-off was doin more of the work ourselves."

Clayton and Sharon did most of the la borious earth moving and planting, an set the pavers for the patio. They hired professionals for the more technical jobs like installing the retaining wall, red wood deck, pergola, and watering system Handy with a hammer, Clayton built th outdoor kitchen, table, and benches. The entire project took four months to com plete and cost about $10,000.

Uphill battles often require a lot of pa tience and perseverance to win, but the Haven family came out on top. "Our backyard troubles had long been the neighborhood joke," says Sharon. "Per haps the greatest tribute to the success of this project is that our neighbors are now coming over to get ideas."

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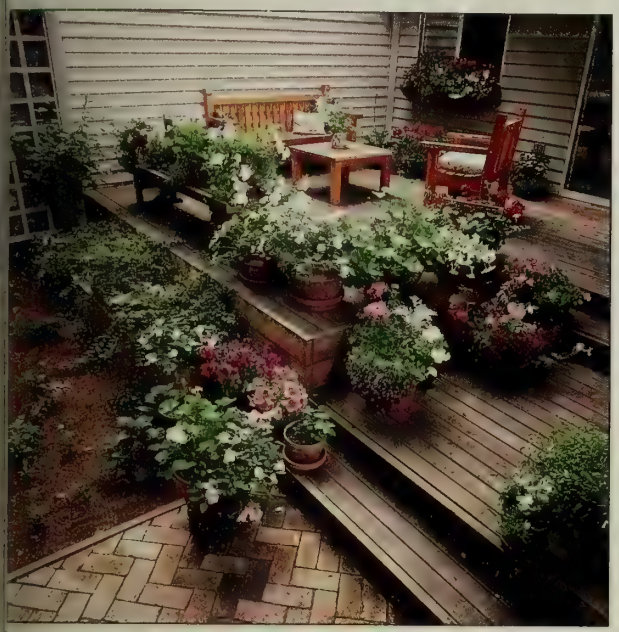
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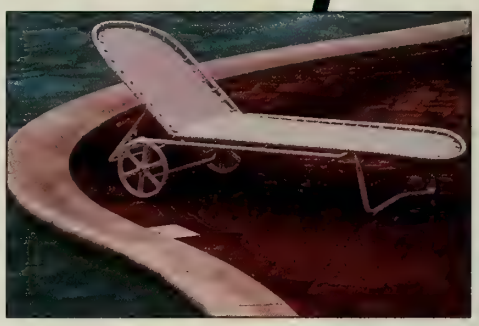


Timeless good looks and tubular steel construction mean the English Garden chair ($279) and Arcadian table ($539) would be an enduring pair of guests at any garden party. *Brown Jordan,* P.O. Box 5688, El Monte, CA 91734.



Whether you like classic casual furniture or the hottest looks around, one of these sun-loving designs may be just what you're searching for to perk up a patio or dazzle a deck.

Add a bright spot to your backyard, while you make a shady place for yourself with these tough-wearing vinyl umbrellas ($60). *Sunbeam,* 321 Victor Reiter Pkwy., Portland, TN 37148.



Anchors aweigh! With a sle shape and fun, nautical styling, this chaise ($355) rises to the top of the best- designed list. The tubular steel frame and nylon mesh seating make it as practical as it is pretty. *Emu, Inc.,* P. Box 13054, Reading, PA 19612.



Used to whittle away the hours on many a front porch, this Tennessee rocker of ages will bring homespun grace to your outdoor space. Left unfinished, the chair ($170) will weather to a silvery hue. *Garden Source,* 45 Bennett St., NW, Atlanta, GA 30309.



Want to make a splash at poolside? Or are you simply in need of a little splendor in the grass? The comfort and convenience of the five-position *Rubbermaid* chaise ($140) and serving cart ($100) give you a couple of good reasons for lying in the sun. Available from *Sears'* summer special, the MY catalog. 1-800/366-3000.

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Different furniture materials, such as aluminum, iron, wood, and plastic, require special types of cleaning and care:

Aluminum. Clean aluminum furnishings as you would clean your car. Hose off spills with water and dry thoroughly. For good washing, use mild detergent. Repair nicks and scratches with automobile touch-up paint and protect the finish with automobile wax.

Wrought iron. Natural aging is part of wrought iron's beauty, but too much weathering can cause the iron finish to flake and rust. Remove rust spots with a wire brush or steel wool, and retouch the finish with rustproof paint that is designed for metal. Slip plastic glides under wrought-iron feet to keep them from rust-staining a patio or deck floor.

Wood. Redwood and teak need little care because they're naturally weather resistant. Other woods require treatment to prevent rotting. Protect untreated wooden furnishings with stain, paint, or lacquer. Recoat surfaces when rain and sun wear the finish away.

Plastic. Plastic stands up well to the elements. Keep solvents, such as nail polish remover or turpentine, away from the furniture, and wash it occasionally with a mild dishwashing detergent.

When the cold, wet winds of winter come calling or if you live outdoors only part of the time, put your patio furniture under wraps. Ideally, the pieces should be brought indoors. If you have no storage space, cover the furniture with plastic sheeting, available at hardware stores, patio stores, and home centers.





IT'S THE ANSWER TO ALL YOUR SOLUTIONS.

Presenting Heavy Wipes® reusable cleaning cloths from Handi Wipes.® Soft enough for use with gentle cleaning solutions and strong enough for abrasive ones, Heavy Wipes® is today's cloth for today's cleaners.

Manufacturer's Coupon | Expires October 30, 1990

SAVE 40¢

ON HEAVY WIPES® CLEANING CLOTHS.



Consumer: Limit one coupon per purchase. Retailer: Redeem for consumer according to terms stated. Any other use constitutes fraud. For reimbursement of face value plus 8¢ handling: Mail to: SOFTSOAP ENTERPRISES INC., P.O. Box 870107, El Paso, Texas 88587-0107. Void if taxed, forbidden by law or presented by other than retail distributor of our products. Cash value 1/20 of 1¢.

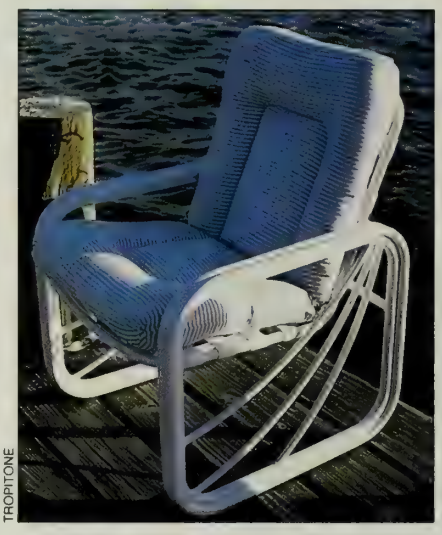
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The Great Outdoors

PATIO FURNITURE FABRICS



TROPITONE

These vinyl-coated pinstripes can take a dip and come out shining.

Thanks to new technology, you can dress your patio furniture in long-lasting colors and patterns. Look for these showstopping, high-fashion outdoor fabrics.

Vinyl-coated polyesters get high marks for shedding water and resisting food stains. They combine in a colorfast rainbow of solids, stripes, and jacquards as well as open-weave, flat, and shaded fabrics. To battle plastic's stiffness, some manufacturers mix acrylic yarns with the vinyl-coated fibers to create a softer, but still durable, fabric.

Vinyl-polyesters are often paired with polyester cushioning. Although the two make a winning water-repelling combination, dirt trapped in the cushion's open weave can show through. In areas of heavy air pollution, cushionless sling styles are an easy-care alternative to cushioned seating.

Acrylic fabrics look and feel like heavy cotton, but have the long-wear qualities of a synthetic product: They are stain resistant, mildew resistant, and quick drying. More expensive than plastic-coated polyesters, acrylic fabrics offer a wider range of style choices. You can choose from prints as well as stripes, solids, and jacquards. Although acrylics are fade resistant, their colors stay brighter longer in climates and locations where they don't see the sun all year-round.

To care for both types of fabric, wipe away food stains with a damp cloth and put fabrics under wraps for winter.

JEWELS OF THE SEA
PORCELAIN SCULPTURE COLLECTION



Shown approximately actual size of 3⅜" in height.

Custom-designed vitrine included.

tic, hand-decorated porcelain
ptures by Richard Ellis.
pectacular collection for
r home.

Breathtaking beauty. The exotic art of a world under water. By the foremost marine artist of our time.

Jewels of the Sea. A collection of spectacular tropical fish transformed into fine porcelain. And hand-decorated in all their vibrant colors. From the dazzling Yellowtail Damselfish to the majestic Blue Tang ...the striking Orange Clownfish to the gold-striped Royal Empress.

Fifteen beauties of the deep. Radiantly displayed in an imported glass and brass vitrine to add a dramatic touch to your decor. With a Certificate of Authenticity attesting to their status as original sculptures by the great marine artist Richard Ellis. $35 per sculpture. Please subscribe by June 30, 1990.

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UBSCRIPTION APPLICATION

Please mail by June 30, 1990.

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my subscription to Jewels of the Sea by Richard Ellis, consisting of fifteen hand-decorated porcelain sculptures.

I need send no money now. I will receive my imported sculptures at the rate of one a month, and will be billed $35.* each, beginning when the first is ready to be sent.

**Plus my state sales tax and $1.95 for shipping and handling.*

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ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE.

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PLEASE PRINT CLEARLY.

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CITY/STATE/ZIP _____

11598- 116

An explosion of color in fine porcelain by The Franklin Mint.

Save-T Cover II®

Cover your pool--and yourself --effortlessly with Save-T Cover II® from Cover-pools, Inc. Strong and secure, our covers are made of durable, reinforced vinyl to help prevent drownings when your pool isn't in use. They save you maintenance by keeping dirt and leaves out, and money by reducing heat, chemical and .water loss.

Cover-Pools, Inc. custom manufactures the Save-T Cover II® automatic pool cover--now with a 10-year warranty on the mechanism--and the Step Saver® manual cover for any size or shape of pool.

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Please send me more information about Save-T Cover II or Step Saver swimming pool covers.

The cover will be used for:

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BHG-90

PATCHING THE HOLE IN THE SKY

How to eliminate ozone-damaging chemicals from your home

BY SHARON ROAN

The ozone layer, that thin high-altitude shield that deflects the sun's harmful rays, is vanishing. The CFCs (chlorofluorocarbons) that we use daily have already destroyed 3 to 5 percent of the ozone layer.

So what's the fuss? Scientists estimate skin cancer cases may increase 5 percent for every 1 percent loss in the ozone layer. Further damage to the ozone layer could harm crop yields, ki oxygen-producing ocean microorgar isms, and worsen ground-level smog.

By the end of this decade the manu facture of most CFCs will be banne but we as individuals can help preven the CFCs we use now from reaching th atmosphere. Here's how:

Coolants: CFCs leak out when aut air-conditioner coolant is added, o when an air conditioner leaks. For you next auto air-conditioning tune-up take your car to a service station tha uses a "vampire unit" to capture an recycle CFCs. Many automobile dealer have the units now and most will hav them within the next few years. Also use your car's air conditioner sparingly and repair leaks quickly.

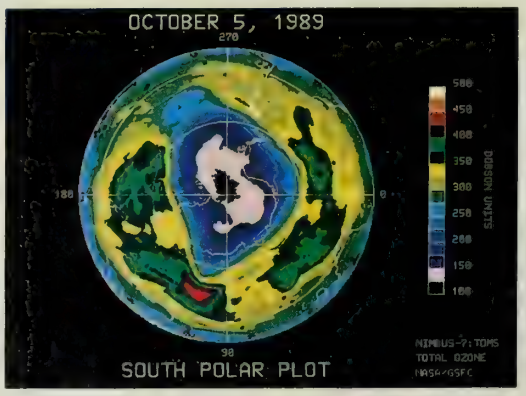
The CFCs used as coolants in refrig erators escape when the appliances are discarded. Ask your local utility compa ny to pick up the appliance and dispose of the coolant properly. Many utility companies and appliance manufactur ers offer this service free to promote more energy-efficient appliances.

Plastic foams: CFCs are also used in polystyrene products such as insula tion, mattresses, seat cushions, foam picnic coolers, egg cartons, and foam packaging chips. Look for CFC-free products like Union Carbide's Ultracel

Solvents: Many of the solvents used to clean electronic equipment contain CFCs. Ask the sales clerk for products that don't contain CFCs, and avoid products with the word trichlorotri-fluoroethane on the label.

Every little bit: Despite a 1978 ban on most CFC-containing aerosols, the chemicals are still found in miscella-neous items like boat horns, tire infla-tors, and canned confetti. When in doubt, ask, or avoid such products. BH&G

—Sharon Roan is the author of the book Ozone Crisis: The 15-Year Evolution of a Sudden, Global Emergency.



PATCHING THE HOLE IN THE SKY
The white area shows a thinning of the ozone layer in this satellite view of Antarctica.

Photo courtesy NASA

"IT'S ABOUT TIME!"™





DELICIOUS VEGETABLE AND SAUCE DISHES THAT AREN'T FROZEN.

It's about time for new Del Monte Vegetable Classics.® Ten delicious vegetable dishes that go from cupboard to microwave to delicious in just three minutes. Del Monte Vegetable Classics. Look for all ten varieties in the canned food aisle.

WE GROW NEW IDEAS Del Monte Quality



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"A Time to Love" by renowned artist Sandra Kuck

Actual diameter: 8½ inches

© 1990 Reco
© 1990 Knowles

andra Kuck's 50th anniversary tribute to the March of Dimes. . . a Bradford Exchange recommendation



"A Time to Love" is a historic commemorative plate honoring the March of Dimes' fifty years of devoted service to the prevention of childhood illnesses. Created by Sandra Kuck, recent winner of the artist of the year award from the National Association of Limited-Edition Dealers, "A Time to Love" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"A Time to Love" is an important issue in the ***March of Dimes: Our Children, Our Future*** series, hallmarked by Reco International and Knowles China.

It's an important work of art by renowned children's portraitist Sandra Kuck. Attesting to its importance, each plate is hand numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "A Time to Love" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1979, you would have bought the first issue in *McClelland's Mother Goose* series, a plate that now trades at $145.00* – more than 640% of its $22.50 issue price. More recently, if you had acquired "Sunday Best" by Sandra Kuck, from the Reco *Days Gone By* collection, you would now own a plate valued at over two and a half times its 1983 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "A Time to Love" as one of the year's top prospects. . . and we'll back up your purchase with our 365-day, money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage, without the necessity of a resale transaction.

To acquire "A Time to Love" at its $29.00 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "A Time to Love" is now – *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, II-2.

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A BRADFORD EXCHANGE APPROVED RECOMMENDATION

"A Time to Love"

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

Please respond by: June 30, 1990

ase enter my order for "A Time to Love." I understand eed send no money now. I will be billed $29.00, plus 19 postage and handling, when my plate is shipped. mit: one plate per customer.)

Signature

Mr. Mrs. Ms. ( )
(Circle One) Name (Please Print) Telephone

Address

City State Zip

BUILD YOUR OWN PUTTERING SHED

BY WILLIAM L. NOLAN



NIFTY FEATURES

- **Light Grabbers**
  Clerestory windows under the eave and a four-pane window next to the front door deliver natural light to the workbench.
- **Built-In Organizers**
  Wall-mounted storage bins and a tool rack gobble up clutter.
- **L-Shaped Workbench**
  There's room to spread out, yet tools are easy to reach.
- **Jumbo Front Door**
  It swings wide for easy access, offers hanging space for tools.
- **Lockable Storage**
  The lockable end compartment keeps garden supplies safe from kids.
- **Wraparound Deck**
  It's bonus space for puttering or tackling weekend fix-it projects.

Bike tune-ups are a breeze on the wraparound deck. Rustic redwood merges the deck and shed with the lawn; curlicue cuts and period trim colors lend a vintage spin.

Escape the crowds at the mall this summer by rediscovering the joys of puttering—turning scrap wood into a wren house, reviving an old bookshelf with a fresh coat of paint, or separating your day lilies.

Is your garage jammed to the gills? No place to work indoors? Set up shop in our putter-perfect backyard shed. There's lots of elbowroom at the L-shaped workbench and storage galore for paints, tools, and garden supplies. The wraparound deck adds extra floor space for bigger projects, and the oversize front door swings wide to keep the interior bright and airy. No need to tidy up when you knock off for the day; just close the mess off behind the door.

continued on page 114



Double doors at one end provide easy access to garden tools and supplies.

Design: David Ashe, the Workshop Blueprint Company. Builder: Jerry Purscell Construction. Photographs: Peter Krumhardt. Regional editor Mary Didio

When you get all the bladder control protection you need without the bulk, what do you have?

Serenity.



Introducing Serenity® Guards. Revolutionary Bladder Control Protection.

Millions of women have it. It's part of being female. And it could cause embarrassment. It's poor bladder control. But now, they've discovered something new. They've found Serenity.®

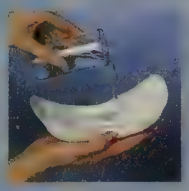
Absorbs more where you need it most.

Although Serenity is small enough to hold in your hand, it's just as absorbent as something five times its size. So it absorbs more where you need it most.

It turns liquid into a gel that won't leak.

Try it. Pour a half cup of water into a Serenity Regular Guard. Wait a few seconds, then turn it over. Nothing leaks. Proof of its effective protection.

With Serenity® Guards, you'll have the protection that keeps you dry, comfortable and secure.





Protection that lets you feel like a woman again.



Johnson & Johnson

© McN-PPC 1989.



The big front door is also a tool rack. The end compartment keeps garden supplies out of reach of small hands.

You don't need fancy tools or professional carpentry skills to build our shed. The walls and roof are simple stud-frame construction sheathed with redwood rustic lap siding (knot-textured and air-seasoned). They're mounted on a grade-level redwood deck that rests on 4×4 posts set into the ground. The center window is a stock item available at most lumberyards and building centers.

For vintage character and neighborly charm, we treated the siding and deck with clear sealer to preserve the redwood's natural hues, threw in a few curves with stock millwork and simple saw cuts, and popped a flower box under the window.

The curves lend comeliness without taxing your carpentry skills. Strips of ¾-inch quarter round soften the shed's corners; rounded ends shape the fascia boards on the roof. The finishing touch: bands of cream and green that echo the trim colors of bygone days.

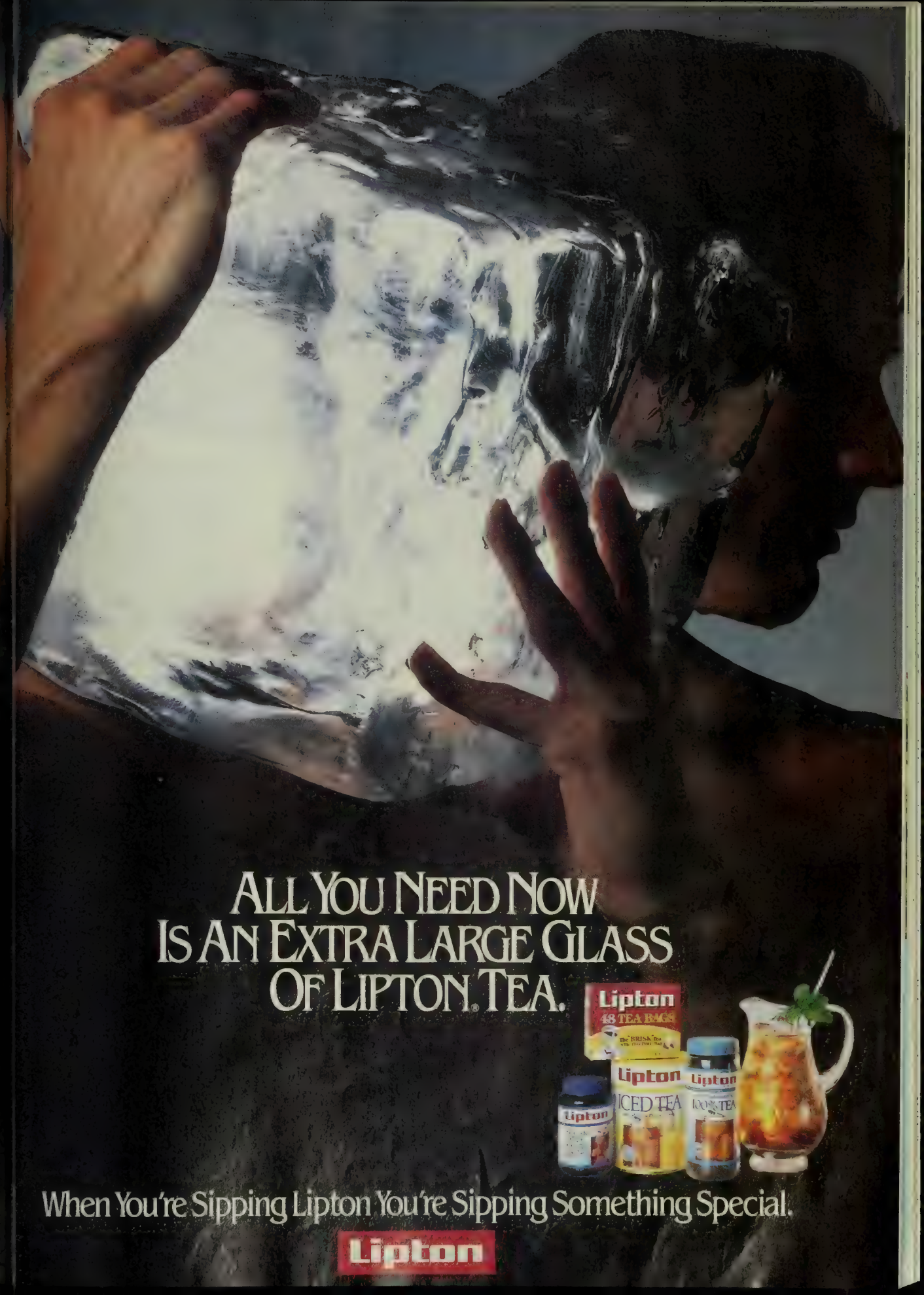




Wall-hung organizers and a long shelf clear the workbench for action.

To order Plan No. 50848 for the Puttering Shed and Deck, send check or money order for $8.95 to: Better Homes and Gardens ® Reader Service, Department 23G, Box 374, Des Moines, IA 50336.

Buying Information, see page 159


ALL YOU NEED NOW
IS AN EXTRA LARGE GLASS
OF LIPTON TEA.
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48 TEA BAGS
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When You're Sipping Lipton You're Sipping Something Special.
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WIN A FREE

FAMILY-REUNION VACATION

NEXT SUMMER!



The Sagamore, Lake George, New York



PERRY STRUSE



Enter the BETTER HOMES AND GARDENS® $100,000 Family Reunion Vacation Sweepstakes NOW!

GRAND PRIZE is a weekend vacation for up to 50 family members at The Sagamore, an Omni Classic Resort and Conference Center on beautiful Lake George in upstate New York.

This fabulous family-reunion grand prize includes round-trip coach airfare for up to 50 family members. They will fly free from the U.S. metro airport nearest their home to Albany, N.Y., and receive round-trip ground transportation from the Albany airport to The Sagamore, a stately lakeside resort in one of the nation's most historical vacation areas.

The winning family will spend two nights and two days at The Sagamore (Friday evening through Sunday lunch), with meals, lodging, gratuities, and taxes included, plus a grand Saturday night reunion banquet. For the reunion weekend the winner may choose either June 28–30, 1991, or August 23–25, 1991.

Enter now to win the Grand Prize Family Reunion worth more than $50,000, or any of the following prizes:

FIRST PRIZE Ten RCA camcorders
SECOND PRIZE 15 Genesis Gas Grills
THIRD PRIZE 100 Polaroid Cameras
FOURTH PRIZE 175 Heritage Books
FIFTH PRIZE 1,000 Geneology Kits

ALL ENTRIES must be postmarked by September 15, 1990. Drawings will be made on or about October 15, 1990. Winners will be announced by November 1, 1990. See "HOW TO ENTER" and "RULES FOR ENTERING" for details.

HOW TO ENTER

Watch for special displays with official entry forms at participating supermarkets in your neighborhood. Or, fill out a 3×5 card with the following information: *Better Homes and Gardens*® Family Reunion Sweepstakes printed at the top, followed by your name, address, and daytime telephone number. The entries should be mailed to: *Better Homes and Gardens* Family Reunion Sweepstakes, P.O. Box 9214, Des Moines, IA 50306.

RULES FOR ENTERING

1. No purchase necessary. Complete and mail entry form or 3×5 card to the above address.
2. Entries must be received no later than September 15, 1990.
3. The grand prize of a reunion for up to 50 persons includes the following: (A) Round-trip coach airfare from a U.S. metro airport nearest home to Albany, New York. (B) Ground transportation from Albany airport to The Sagamore. Transportation from home to airport and from airport to home is the responsibility of winners. (C) The reunion weekend dates must be June 28–30, 1991, or August 23–25, 1991. The weekend includes two nights' lodging (Friday and Saturday nights), dinner Friday night, breakfast and lunch Saturday, banquet on Saturday night and brunch on Sunday. (D) Gratuities and taxes are included. (E) Alcoholic beverages and any food not itemized above are the responsibility of the winners.
4. All other prizes are as listed at left and will be shipped to the winners within one month of the drawing.
5. Prizes are as stated; no substitutions and no cash in lieu of merchandise or other prizes is allowed. Only one prize per family.
6. Sweepstakes offering is limited to residents of the United States who are at least 21 years of age. Employees of Meredith Corporation, its agents, affiliates, subsidiaries, and their families are not eligible.
7. Meredith Corporation is not responsible for any injury or harm incurred by the winners during the trip, including ground transportation, air travel, and the stay at The Sagamore.
8. Winners will be selected by random drawing; only one entry accepted per family.
9. Entry constitutes permission to use winner's name, photograph, and general information for promotional and advertising purposes.
10. All income taxes are the sole responsibility of the winners.
11. All federal, state, and local laws apply; offer is void where prohibited.
12. Winner and all participants in the reunion may be required to sign an affidavit of eligibility and a release.
13. Odds of winning depend on the number of entries received.
14. No responsibility is assumed for lost, stolen, illegible, misdirected, or late mail. All materials become the property of Meredith Corporation.
16. Drawings for the prizes will be held on or about October 15, 1990, and the winner will be notified by November 1, 1990.
17. For the name of the winners, send a stamped, self-addressed envelope to Harriett McLarnand, *Better Homes and Gardens*, 17th and Locust, Des Moines, Iowa 50336.

To give, to collect,
to display with pride...

Chickadee

irst issue in the collection
of garden bird sculptures

ntricately sculpted in fine
bisque porcelain and
painted by hand

A Lenox exclusive



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Shown actual size

h black-capped chickadee is
n of North America's most
ming garden birds. It bright-
our day with its spirit...its
ing beauty...and its sweet
k-a-dee" song.

nox has now captured this
ghtful songbird in an en-
ting sculpture of extraor-
ry detail—a work of art in
bisque porcelain, masterfully
crafted and painted entirely
nd.

Meticulous detail...
heirloom quality

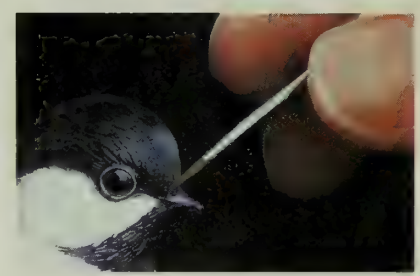
kadee is portrayed with wings
efully outspread, as it alights
spray of holly. Every feature
fted with exceptional realism.
chickadee's delicate wings
tail feathers...its distinctive
k cap and bib...its downy
te breast...the rich green
s and red berries of the holly.

hickadee will enhance the
uty of any room in your
e—a dramatic interplay of
r that will attract the eye...a
htful touch of nature to warm
heart. It will also be a
nificent and much appre-
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ts quality, authenticity, and
craftsmanship are hallmarks
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s a reminder of its superb
ity, each imported sculpture
will bear the world-renowned Lenox® trademark in pure 24 karat gold.

The important first issue in The Lenox Garden Bird Sculpture Collection, *Chickadee* is available exclusively from Lenox. To bring its beauty into your home, simply mail the coupon below by June 30th. Send no money now.

95559



Painted by hand to reveal every detail of the chickadee's intricate markings.

Chickadee

Please enter my reservation for *Chickadee*, an original work of art, to be handcrafted for me in fine porcelain, and completely painted by hand.

I need send no money now. I will be billed in three monthly installments of $15* each.

Mail to: Lenox Collections
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Langhorne, PA 19047-0620

LENOX. SINCE 1889.

Please mail by June 30, 1990.

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95559

☐ Check here if you prefer to have one charge of $45* applied to your: ☐ VISA ☐ MasterCard ☐ American Express

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Signature _____

*Plus $3.25 per sculpture for shipping and handling. Sales tax will be billed if applicable

JUNE

GARDENER'S ALMANAC

BY
DOUGLAS A. JIMERSON
AND JANE AUSTIN McKEON



PHOTOGRAPH KARLIS GRANTS REGIONAL EDITOR CATHY HOWARD

PETER PICKS PEONIES

Keep peonies standing tall

To grow picture-perfect peonies, Peter Chan, our Oregon test gardener, recommends staking the plants before heavy rains ruin the blooms. "Peony flowers absorb a lot of moisture during a rainstorm and have a tendency to fall over," says Peter. "To avoid the problem, stake the plants early. Then when it rains, all you have to do is shake the moisture off the flowers to keep them upright."



PHOTOGRAPH ERNEST BRAUN REGIONAL EDITOR HELEN HEITKAMP

In a pint-size vegetable garden, interplanting is one of the best ways to maximize yields. Here, tomato seedlings were planted down the middle of a wide row of leaf lettuce. By the time all of the lettuce is harvested, the tomato plants will be mature enough to fill the entire bed. A low chicken-wire fence keeps the vegetables safe from rabbits and other four-footed trespassers.



POULAN/WEED EATER

Good News for Gardeners

Cordless, hand-held trimmer

Clipquick, a new cordless, hand-held lawn trimmer from Weed Eater, makes short work of lawn maintenance. It's ideal for tight spots where a full-size trimmer isn't effective. Clipquick shears a 6-inch path and weighs just 2.6 pounds. Each trimmer comes with a plug-in recharger and five replacement line cartridges. Clipquick is available at hardware stores and home centers.

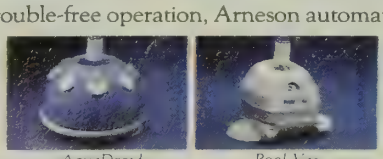
THIS ISN'T ANY WAY TO CLEAN A POOL EITHER.



Random cleaning. That's how most automatic pool cleaners work, by ricocheting around the bottom of a pool.

Arneson™ automatic pool vacuums are different. Pool Vac® for in-ground pools and AquaDroid® for above-ground pools are the only cleaners with AquaPilot™ programmed steering. Unlike random cleaners, Arneson automatic vacuums follow a pattern. So they don't miss a spot. And your pool always stays sparkling clean.

What's more, thanks to our continuous trouble-free operation, Arneson automatic vacuums come with a full two-year limited warranty. And they self-install in just ten minutes. No wonder they're the best-selling automatic pool vacuums in the United States.



AquaDroid *Pool Vac*

ARNESON

GET MORE OUT OF YOUR POOL

You can buy an Arneson at dealerships all across the country. For the one nearest you, or if we can answer any questions at all, call us at 1-800-369-POOL.

Arneson automatic vacuums with AquaPilot. Now pool cleaning is no longer a hit or miss affair.

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MIXED COMPANY

SPICING UP THE DINING ROOM SET



PHOTOGRAPH (RIGHT): BOB DALTON CHAIR PHOTOGRAPH: RON FISHER'S AMERICAN COUNTRY

Move right in with the mix-and-match crowd. Dining and decorating have never been this much fun.

Today's dining rooms are getting spicier, thanks to an all-new relaxed attitude about mixing furniture styles and finishes. Here's a fresh mix-and-match recipe:

First, set a theme with a trellised backdrop and stone-tiled floor. Then, add a tangy blend of furnishings such as the combination (*above*) from *Lane*.

Combine furniture styles. Begin with a whitewashed table. For a surprise move, replace the usual chairs with a plumped-up bench to coax guests to linger longer.

Mix in painted finishes. Green is in and wicker's hot, so why not? Invite green wicker chairs to dinner. They contrast with the white pieces, adding punch to the setting. The pine sideboard leavens the group with a natural tone and the extra side chair from *Ron Fisher's American Country* (*left*) brings an antique blue to the ad lib blend.

A French ladder-back livens up the party. Gregarious by nature, painted finishes mix in with ease.



Flavor with patterns. Tickle the eye with a mismatch of patterned pillows that includes ivy, the latest news in print. Shared shades let the prints combine naturally. Add green plants.

For the *Lane* dealer nearest you, call 800/447-4700. To order *Ron Fisher's* chair ($168), call 800/231-7370.



Living up to a higher standard.
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The rigorous science of relaxation.

With invigorating, multi-directional jets and luxurious proportions designed for comfort, American Standard whirlpools feel as beautiful as they look.

American Standard

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The Great Outdoors

Second-Story Deck

Oregonian Bill Sanders knows how to cope with a slope. Instead of fighting the steep grade in his backyard, he just raised his sights and added a deck to the second story of his home. Bill was also careful to use design elements that would complement the home's 1920s-style architecture. Black and white paint, lattice screens, ornate railings, and antique furniture give the project a vintage look.



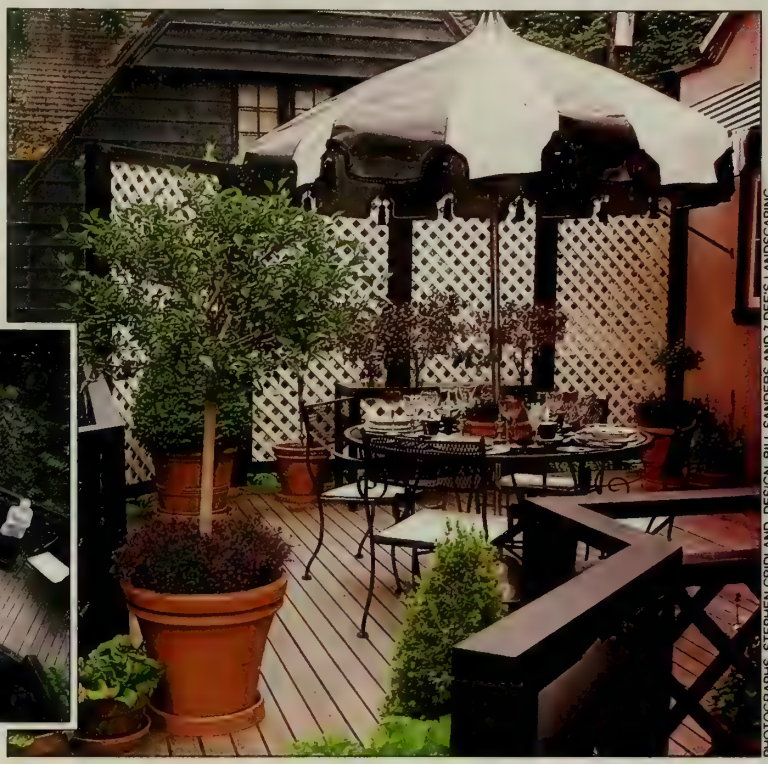
The sensational second-story deck adds valuable outdoor living space without sacrificing the home's 1920s charm. Dressy, but durable, exterior furnishings are elegant embellishments.



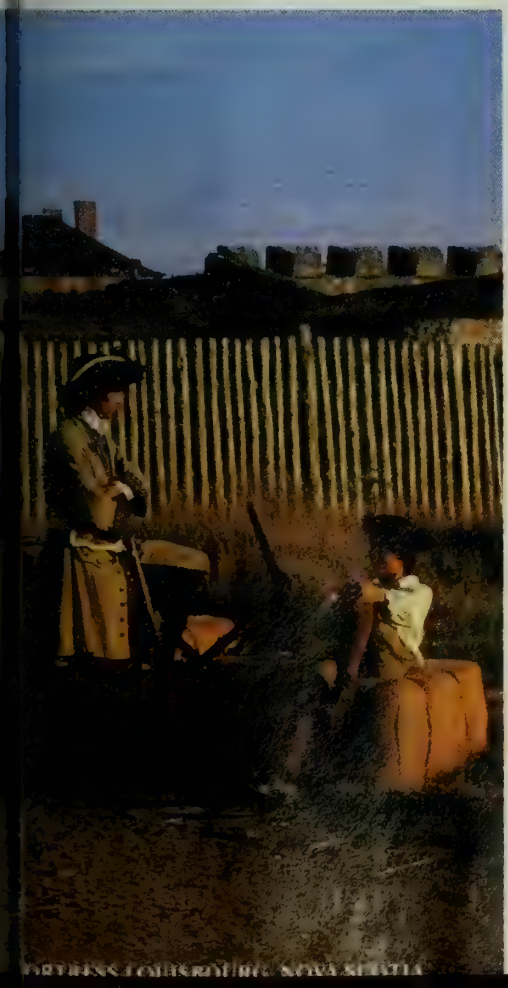
Lattice screens at each end of the deck provide much-needed privacy from neighbors for this high-rise hideaway.

l Sanders' deck overcomes the allenge of a slope, turning a once ugh terrain into usable space.





PHOTOGRAPHS: STEPHEN CRIDLAND. DESIGN: BILL SANDERS AND 7 DEE'S LANDSCAPING
REGIONAL EDITOR: CATHY HOWARD



LEE ANN REEVES/CURATOR



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PLAN-AHEAD TIPS

LESS STRESS, LESS MESS

A major remodeling project is sure to shake up your family in more ways than one. If you plan ahead, though, you can make home life safe and even bearable while walls and floors are ripped out and your utilities are disconnected. Here's how.

Your family's and neighbors' lives are going to be affected by a major remodeling. That's why you should involve them in your plans, says James McCarty, home design specialist in Cornell University's College of Human Ecology, Ithaca, New York.

Let your family know the degree of discomfort and inconvenience they may have to suffer. For teens this might cancel Saturday night parties for several weeks while the basement is being converted. Adults might have to cook on a one-ring electric plate while the kitchen is being redone.

"Discuss what home conveniences and even necessities, such as bathrooms, will be out of working order, for how long, and what other arrangements will be in effect," says McCarty.

Inform your neighbors—in less detail—of your plans. For instance, it's only fair to let them know if they'll be awakened at dawn by the sound of jackhammers and have extra traffic on the street and in front of the house.

"To compensate for any inconvenience caused to the neighbors, you might offer them the use of your dumpster while the remodeling is going on," says McCarty. *Caution:* Be judicious about your offer. You'll have to pay for every load put in the dumpster, and some neighbors might take this opportunity to clean out their basements, attics, and garages at your expense.

Take steps to protect your home. Put barricades around trees to protect them from work vehicles. Hang plastic in doorways to keep remodeling dust and debris from the rest of the house.

"Who's responsible for installing such barricades and barriers should be spelled out in the remodeling contract,"

ys McCarty. "It's more convenient if e contractor does them, but less ex-nsive if you do them yourself."

Make bathroom arrangements r the crew. Do you want them using ur facilities, or do you want to rent a rtable toilet for them? This is anoth- point that should be clearly stated in e contract.

Accept the fact that you're going be inconvenienced, and then try reduce those inconveniences. The wer might be temporarily shut off; if , all the clocks will be wrong. Have a ttery-powered clock on hand to keep u on schedule in the morning. If the modeling includes plumbing work, u may need to flush the water lines ery morning before you make coffee. ave yourself some extra time. Fill me plastic jugs with water to use nen the tap is off.

Remember that remodeling can e dangerous, especially for young ildren and elderly persons. If rge areas are being repainted, you ight want to plan a day out of the use and away from the paint fumes. eep paints, adhesives, and tools out of e way of children.

"Decide what will be living space and nat will be work space, and require at the crew keep work items in those rk spaces," says McCarty. In ex-ange, keep toys and family members t of the work spaces.

Keep the lines of communication en. "Plan to meet regularly with the ntractor to discuss work progress and y problems as they come up," cCarty says. "Talking things out can ep small problems from becoming ajor problems."

For example, if the work crew uses y behavior that bothers you, such as d language when your children are ound, let your contractor know that u disapprove. "You can't cover every-ing with the contract," says McCarty, o there should be a lot of human give-d-take. And that simply requires en communication."

Finally, if you're paying the remain-g 10 or 15 percent of the remodeling st upon completion of the work, don't sh the crew out the door just to re-in control of your life and house. Cau-ns McCarty, "Make sure the work is ne to your satisfaction before you n the last check."



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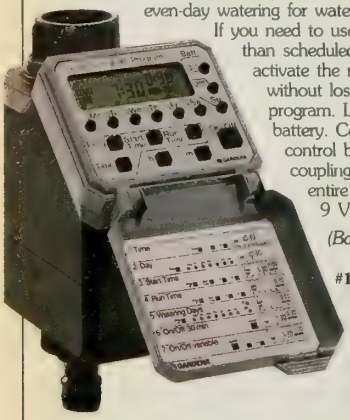
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(Includes Hose Coupl

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52′ of premium quality garden hose in a sturdy lightweight cassette. Unwind only as much hose as you need - water feeds through hose reel. Easy rewind reel and comfortable carrying handle. Ideal for townhomes, RVs, boats, and wherever you don't want to sacrifice a lot of space for a lot of hose. Comes with connectors and nozzle.



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REACH OUT FOR YOUR GARDEN

With the Gardena Soft Spray Wand you can easily water hard to reach spots in your favorite flower beds. Its stainless steel spray head has 365 holes to produce a fine gentle spray for seedlings and tender plants. Features hand control with trigger lock and adjustment for water flow. Length 32″.

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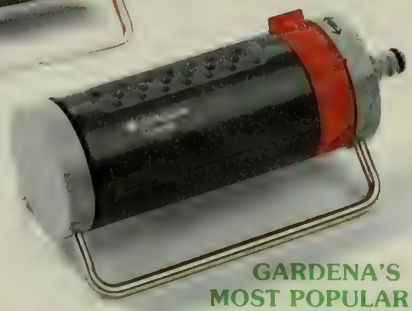


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#10901 GARDENA PRUNING SHEARS $24.99



UNIQUE GARDEN SHEARS MAKE FLOWER CUTTING FAST AND EASY

These unique shears perform four separate jobs: 1) Stainless-steel blades cut flowers razor-sharp, 2) Plastic jaws alongside the blade grip flowers gently so they can't fall to the ground, 3) Thorns can be stripped off by pulling stem through a special slot in the handle, and 4) "Alligator teeth" crush ends of stems to allow for better water penetration and extended freshness.

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THE WORKHORSE

The handy and powerful shears for tough branches and twigs. Patented floating anvil design and "drawing action" minimize cutting effort. Non-stick blades reduce friction and sap buildup. Comes with one-hand safety thumb-lock.

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REACH THE UNREACHABLE

This telescopic handle extends to 13′ for tall jobs. Just mount on the appropriate attachment and trim trees, gently pick fruit,shake fruit or snow off branches, clean gutters, or sweep away cobwebs. No more excuses for avoiding these jobs!

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#10849 GARDENA FRUIT PICKER BASKET $14.99

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#10907 GARDENA BRANCH PRUNER $29.99

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Recharges Gardena Power Pack in less than 24 hours.
#20103 GARDENA STANDARD CHARGER
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Independent from electricity: recharges Gardena Power Pack with solar technique in 10-30 hours.
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Perfect mower for … lawn areas. Double-… non-stick blades reduce fr… won't clog, are easy to … Two wheels plus sled base for … sion cut of 8" wide path. Teles… handle extends out to 56". Two-… safety starter switch. Operates … one hour. *(Battery and Ch… Not Incl…*

#20204 GARDE… MINI LAWN CUT…
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THE MARATHON RUNN…

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CRAB LEGS: A ROYAL TREAT TO ENJOY AT HOME



Play king or queen for a day and splurge on king crab legs. This seafood comes precooked. Just heat and serve—perfect for special, yet casual, occasions.

Considered one of the best crab varieties, king crab is famous for its tender, slightly sweet leg meat. Whole legs, split legs, and out-of-the shell meat are available frozen or thawed in supermarkets year-round. As a main dish, plan about 3 crab legs (12 ounces, including shell) per serving. Hearty eaters and crab lovers may want more. As an appetizer, plan on 1 or 2 legs per serving.

THAWING FROZEN CRAB LEGS

Refrigerator thawing: Thaw the frozen seafood, still wrapped in the package, in the refrigerator overnight. Never let frozen foods stand at room temperature to thaw.

Micro-thawing: Place the frozen seafood on a shallow, microwave-safe dish (the crab legs may hang over the sides of dish). Cover legs; micro-cook on 30% power (low) 5 to 6 minutes or till thawed, rearranging legs once.

QUICK-COOKING GUIDE

Before cooking, split whole crab legs in half lengthwise. T do so, using kitchen shears, cut shell along top and botto then cut the meat in between. Heat crab legs through, usin





one of the following methods. Serve cooked crab legs with butter or dipping sauce.

To broil: Place split crab legs, shell side down, on unheated rack of a broiler pan. Brush with margarine or butter. Broil 4 inches from heat 4 to 5 minutes or till heated, brushing with additional margarine or butter halfway through.

To grill: Place split crab legs, shell side down, on grill over *medium* coals. Brush with margarine or butter. Grill, uncovered, about 8 minutes or till heated, brushing with margarine or butter halfway through.

To micro-cook: Arrange 4 crab leg halves (about 2 ounces each), shell side down, in a shallow, microwave-safe baking dish (leg ends may hang over sides of dish). Brush with margarine or butter. Micro-cook, uncovered, on 100% power (high) for 1½ to 2 minutes or till meat is heated through.

Nutrition information per 12-oz. serving (shell on): *210 cal., 24 g pro., 0.1 g carb., 12 g fat, 54 mg chol., 1,079 mg sodium, 267 mg potassium. U.S. RDA: 10% vit. A.*

DIPPING SAUCES

Lemon Basil Butter: In a small saucepan melt ⅓ cup unsalted *butter.* Stir in 2 tablespoons snipped *fresh basil* or 2 teaspoons *dried basil,* crushed, 2 tablespoons *lemon juice,* and ⅛ teaspoon *garlic powder.* Heat butter mixture through. Makes about ½ cup.

Nutrition information per 1 Tbsp.: *70 cal., 0 g protein, 1 g carbo., 8 g fat, 0 mg chol., 0 mg sodium, 20 mg potassium.*

Dill Dipping Sauce: In a small saucepan cook 1 sliced *green onion* and 1 teaspoon *dried dillweed* in 1 tablespoon hot *margarine* or *butter* till onion is tender. Stir in ½ cup *dairy sour cream,* ¼ cup *mayonnaise* or *salad dressing,* and ⅛ teaspoon *ground red pepper.* Heat dill mixture through. Do not boil. Makes about ¾ cup.

Nutrition information per 1 Tbsp.: *64 cal., 0.4 g protein, 1 g carbo., 7 g fat, 7 mg chol., 43 mg sodium, 23 mg potassium.*

PHOTOGRAPH: SCOTT LITTLE





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For over 40 years, Original MINUTE® Rice has been America's favorite instant rice. Because it's light and fluffy. Perfect every time — in just 5 minutes.

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SIZZLE, SPLATTER, GRILLING

AND THE GRILLING IS EASY

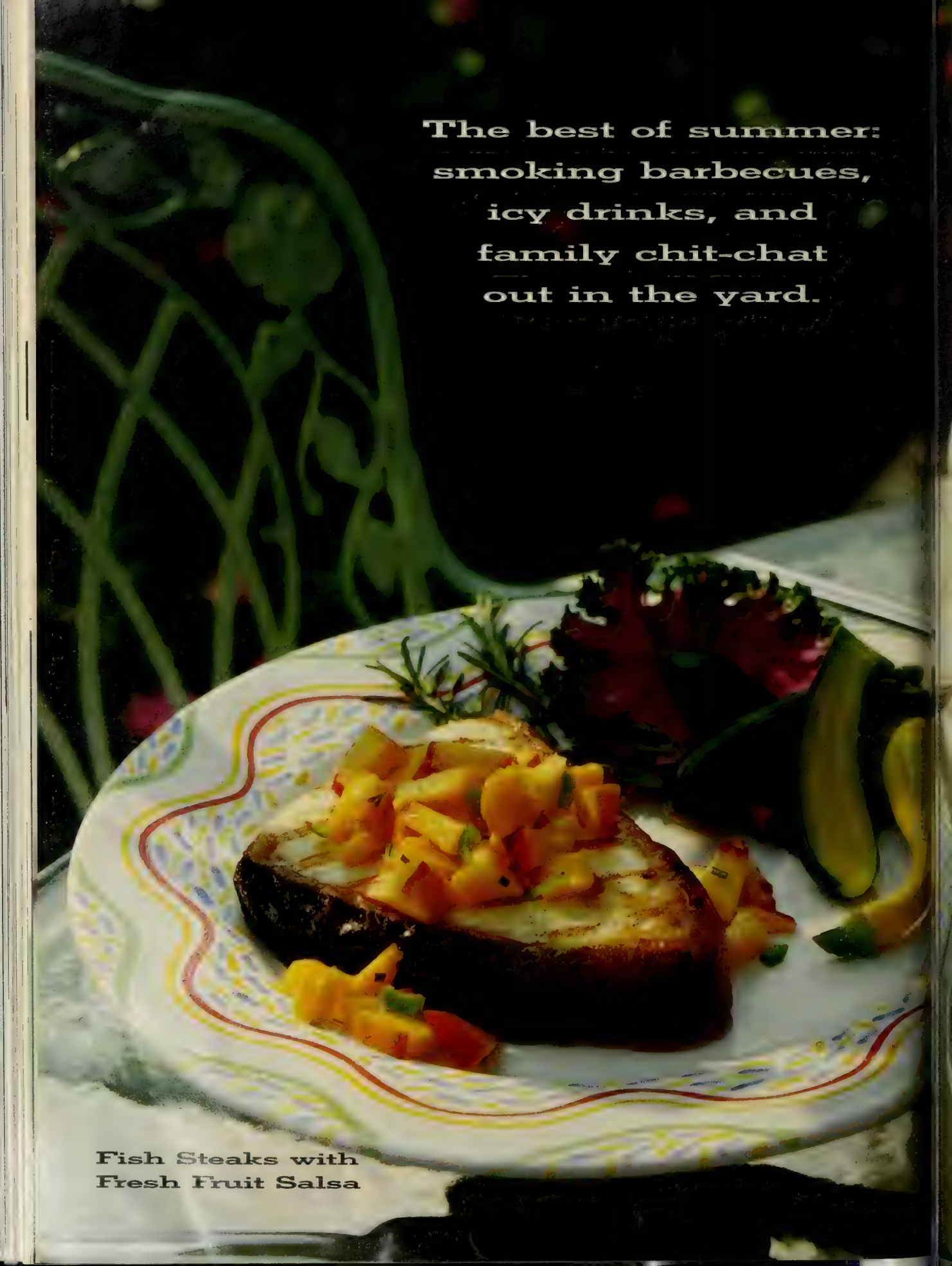
BY

JOY TAYLOR

Summer sizzles with the smells and the tastes of outdoor cooking. And our passion for grilling grows stronger each year. This recipe collection includes the easiest and best choices for laid-back barbecuing. Catch the sizzle....



PHOTOGRAPHS: WILLIAM STITES. FOOD STYLIST: JANET HERWIG



Fish Steaks with
Fresh Fruit Salsa



summertime AND THE GRILLING IS EASY

FABULOUS FISH, LEAN AND SIMPLE

- Because fish is so low in fat, it needs a little special attention.
- Brush the cold grill rack with oil before grilling to prevent fish from sticking.
- Baste fish every few minutes during grilling with melted butter or leftover marinade.
- Figure cooking time according to thickness. Allow 4–6 minutes for each half inch of thickness. If fish is thicker than an inch, turn it once during cooking.

Recipes begin on page 134.

RIB TICKLERS

- For the most tender ribs, first cook them in simmering water about 30 minutes. After boiling, smoke them for 45 minutes.
- To smoke in flavor, use hardwoods from fruit or nut trees. Best bets: hickory, mesquite, apple, or cherry. Soak the chips in water so they smolder rather than flame when added to red-hot coals.
- Smoke-cooked foods take on a pink color even though they're fully cooked.

summertime AND THE GRILLING IS EASY



BARBECUE LOVERS' VEGETABLE PLATTER

- You can cook almost any vegetable over an open fire. For starters, try asparagus, squash, carrots, peppers, and leeks.
- Longer-cooking vegetables (such as new potatoes) need a few minutes of precooking in the microwave oven or on the range top.
- Generously brush vegetables with melted margarine, butter, or olive oil for flavor and to prevent sticking. Cook directly over *medium-hot* coals till fork-tender and slightly charred.

Recipes begin on page 134.

or vegetables these days.



Grilled
Summer
Vegetables


Outdoors, the dining
is easy. The food tastes
so good. No wonder we
love cookouts.
Fresh
Garden
Chicken



summertime AND THE GRILLING IS EASY

CHICKEN AT ITS BEST

- It's hard to resist the aroma of grilling chicken, but don't rush dinner.
- Remove chicken from the grill when meat next to the bone is no longer pink. That takes 35 to 45 minutes for pieces or quarters.
- Get chicken quarters to lie flat on the grill by breaking the wing, hip, and drumstick joints. Twist those little wing tips under the back.

Recipes begin on page 134.

KABOBS ARE JUST RIGHT

- Kabobs make a great do-ahead meal. Marinate the meat, precook those vegetables that need it, and chill everything overnight till you're ready to grill.
- Have the whole family thread their own sticks—you can use long metal skewers or dampened short bamboo skewers.
- Leave a small space between each piece of food on the skewer to allow even cooking.



PERFECT PORK

- Most pork cuts can be served either medium or well-done, depending on your preference.
- Medium-cooked pork (160° internal temperature) is juicier, more tender, and is faintly pink in the center.
- Thick-cut chops (about 1½ inches) make great stuffers. And they're in the pink in about 30 minutes.

Recipes begin on page 134.

To order grilling equipment, see page 179

RARE, MEDIUM, WELL?

- Lean beef cuts taste juiciest when cooked to rare or medium.
- To check doneness, cut into your steak and check the color.
- Rare steak: red center, pink edges.
- Medium steak: still has a little pink in the center; gray edges.
- Well-done steak: no pink remaining.


Why is it that your neighbor's cookout always smells better than your own?
Stuffed Sirloin With Mixed Mushroom Sauté



A BEVY OF BURGERS

What kind of burger are you hungry for? Create one to your liking—

1 beaten egg
Liquid
Bread crumbs *or* grain
Vegetable *or* condiment
Seasoning
1 lb. lean ground beef, pork, lamb *or* mixture of ½ lb. ground turkey and ½ lb. ground beef
Bread *or* bun, grilled
Topping

- **In a mixing bowl** combine egg and liquid. Stir in bread crumbs or grain, vegetable or condiment, and seasoning. Add ground meat; mix well.
- **Shape meat mixture** into four ¾-inch-thick patties. Grill on an uncovered grill directly over *medium* coals for 15 to 18 minutes or till well done, turning once. Serve on toasted bread or bun with topping. Serves 4.

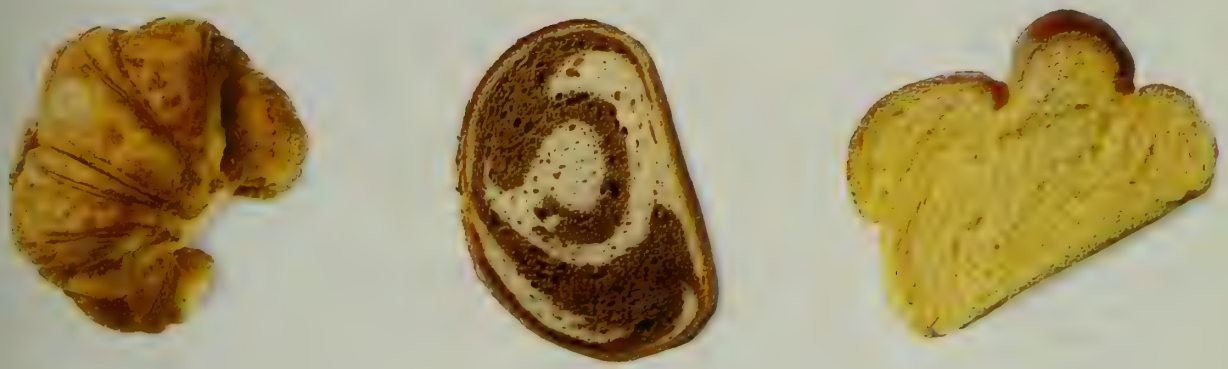
Nutrition information per All-American Burger: *397 cal., 26 g pro., 19 g fat, 141 mg chol., 827 mg sodium, 2 g dietary fiber.*

continued on page 134

	LIQUID	BREAD/ GRAIN	VEGETABLE/ CONDIMENT	SEASONING	BREAD/ BUN	TOPPING
ALL-AMERICAN BURGERS	1 Tbsp. mustard and 1 Tbsp. catsup	¼ cup fine dry bread crumbs	⅓ cup finely chopped pickle	½ tsp. onion salt; dash pepper	Hamburger buns	Onion slices; tomato slices; lettuce leaves; pickle slices
PIZZA BURGERS	2 Tbsp. pizza sauce	¼ cup seasoned fine dry bread crumbs	⅓ cup chopped pitted ripe olives or chopped canned mushrooms	½ tsp. salt; ½ tsp. Italian seasoning	1-inch-thick French bread slices	Warm ½ cup pizza sauce with ¼ cup sliced pitted ripe olives. Spoon atop burgers. Top with mozzarella cheese slices.
SALAD BURGERS	2 Tbsp. creamy cucumber or ranch-style salad dressing	3 Tbsp. bulgur	⅓ cup chopped cucumber	½ tsp. garlic salt; ¼ tsp. dried marjoram, crushed; dash pepper	Pita bread halves or kaiser bun	¼ cup creamy cucumber or ranch-style salad dressing; alfalfa sprouts; cucumber and avocado slices
GERMAN-STYLE BURGERS	2 Tbsp. beer	¼ cup dry rye bread crumbs	¼ cup shredded Muenster cheese	½ tsp. caraway seed; ½ tsp. salt; ¼ tsp. pepper	Rye or pumpernickel bread	Spread bread with mustard. Stir ¼ tsp. caraway seed into ½ cup drained sauerkraut. Spoon atop burgers; top with Muenster cheese slices.



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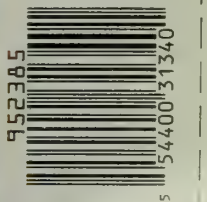
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summertime

AND THE GRILLING IS EASY

continued from page 132

FISH STEAKS WITH FRESH FRUIT SALSA

Brighten each dinner plate with a fresh sprig of rosemary, a leaf of purple kale, and steamed baby summer squash, as pictured on pages 124-125—

4 fresh *or* frozen halibut, swordfish, shark, *or* salmon steaks, cut 1 inch thick (about 2 lb.)
½ small ripe papaya, peeled, seeded, and chopped
1 small ripe nectarine, pitted and chopped
1 fresh jalapeño chili pepper, seeded and chopped* *or* 1 Tbsp. capers, drained
1 Tbsp. snipped fresh rosemary, basil, *or* thyme
1 Tbsp. olive oil
Olive oil

● **Thaw fish, if frozen.**

● **Several hours ahead,** for fruit salsa, stir together the papaya, nectarine, jalapeño pepper or capers, the tablespoon of snipped herb, and the 1 tablespoon olive oil. Cover and chill thoroughly.

● **Lightly brush the cold grill rack** with olive oil. Brush both sides of steaks with olive oil. Grill fish on an uncovered grill directly over *medium-hot* coals (see tip, *page 137*) till fish just flakes with a fork. Allow 4 to 6 minutes cooking time for each ½-inch thickness. Turn fish halfway through cooking time, and brush again with olive oil. Serve fish with the fruit salsa. Makes 4 servings.

***Note:** When seeding and chopping a fresh chili pepper, protect your hands with plastic gloves because the oils in the pepper can irritate your skin. Also, avoid direct contact with your eyes. When finished with the chili pepper, wash your hands thoroughly.

***Nutrition information per serving:** 268 cal., 40 g pro., 8 g fat, 1 mg chol., 135 mg sodium, 1,018 mg potassium, 1 g dietary fiber. U.S. RDA: 23% vit. A, 42% vit. C, 12% thiamine, 13% riboflavin, 83% niacin, 10% iron.*

SPICED AND SMOKED RIBS

First, coat the ribs with a spice rub before grilling. Then, during grilling, slather on either a molasses or gingered teriyaki glaze—

4 cups hickory chips
4 lbs. pork loin back ribs *or* meaty pork spareribs

• • •

1 Tbsp. brown sugar
1 tsp. five-spice powder
½ tsp. salt
½ tsp. paprika
¼ tsp. celery seed
¼ tsp. pepper
1 recipe Molasses Glaze *or* Teriyaki Glaze (see recipes, page 137)

● **At least 1 hour before grilling,** soak the wood chips in enough water to cover. Drain chips.

● **Meanwhile, cut the pork ribs** into serving-size pieces (portions with 3 to 4 ribs each). Place in a Dutch oven. Add enough *water* to cover ribs. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Drain. Cool the ribs slightly.

● **Meanwhile, combine** brown sugar, five-spice powder, salt, paprika, celery seed, and pepper. When ribs are cool enough to handle, rub spice mixture over ribs.

● **In a covered grill arrange** preheated coals around a drip pan. Test for *slow* heat above the pan (see tip, *page 137*). Pour 1 inch of water into the drip pan. Place drained wood chips on top of coals. Place ribs on grill rack over the drip pan but not over the coals. Lower grill hood. Grill 30 minutes.

● **Meanwhile, prepare** desired glaze. Brush glaze on ribs after the 30 minutes of grilling time. Grill for 15 to 20 minutes more or till ribs are tender, brushing with glaze occasionally. Makes 4 servings.

***Nutrition information per serving with Molasses Glaze:** 389 cal., 37 g pro., 18 g fat, 101 mg chol., 942 mg sodium, 795 mg potassium, 1 g dietary fiber. U.S. RDA: 13% vit. C, 85% thiamine, 36% riboflavin, 57% niacin, 14% iron.*

continued on page 137

JUNE RECIPE INDEX

SUMMERTIME GRILLING RECIPES
Fish Steaks With Fresh Fruit Salsa 134
Fresh Garden Chicken 138
Fresh Garden Hens 138
Fresh Garden Turkey 138
Greek Kabobs With Bulgur Pilaf 141
Grilled Summer Vegetables 138
Honey-Apricot Pork Chops 141
Honey-Orange Pork Chops 141
Molasses Glaze for Ribs 137
Onion Stuffing for Steak 142
Spiced and Smoked Ribs 134
Spinach Stuffing for Steak 142
Stuffed Sirloin with Mixed Mushroom Sauté 142
Teriyaki Glaze for Ribs 137

CRAB LEGS
Dill Dipping Sauce 121
Lemon Basil Butter 121

PRIZE TESTED RECIPES
Scampi Salad Platter 147
Spiked Peach Sorbet 147
Spinach Pasta Salad 148
Spumoni Charlotte 148

FROM A COOK'S GARDEN
Gardener's Choice Salad 144
Oil-Free Dill Dressing 144
Walnut Vinaigrette 144

COOK QUICK, EAT LEAN
Lime-Cod Kabobs 150
Oriental Beef 150



Fireflies at twilight. And dishes that make people's faces light up.

Everyone feels a special glow when people are gathered together to feast on good home cooking.

And it will be a feast when you serve these savory summer dishes made with Hidden Valley Ranch® Salad Dressing Mix. The subtle blend of herbs and spices makes these recipes unusually delicious. And unforgettably special.





Super-quick red potato salad.



Flavorful and light turkey-vegetable pasta salad.

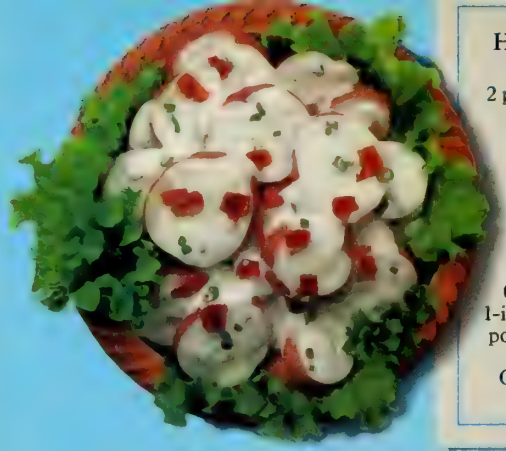


Crunchy pea salad accented with cashews.



Creamy red-pepper dip for chips and vegetables.

For file cards with these unique Hidden Valley Ranch recipes, turn the page.



HIDDEN VALLEY RANCH QUICK POTATO SALAD

2 pounds small red potatoes, cooked
½ cup sliced green onions
1 cup prepared Hidden Valley Ranch® Original Ranch® salad dressing
Paprika or black pepper
Chives
optional garnish:
crisp-cooked, crumbled bacon

Cut slightly cooled potatoes into 1-inch cubes. In large bowl, combine potatoes, onions and salad dressing; toss gently. Dust with paprika. Garnish with chives. Serve warm or at room temperature.



HIDDEN VALLEY RANCH TURKEY-VEGETABLE PASTA SALAD

1 pound corkscrew pasta, cooked, drained
1 cup turkey, cut into strips
4-5 cups assorted cooked or raw vegetables (such as zucchini, bell peppers, onions)
¼ cup Parmesan cheese, grated
2 cups prepared Hidden Valley Ranch® Original Ranch® salad dressing

Toss all ingredients in a bowl. Chill until ready to serve.



HIDDEN VALLEY RANCH CRUNCHY PEA SALAD

1 package (10 ounces) frozen baby peas, thawed
1 cup diced celery
1 cup chopped cauliflower
¼ cup diced green onion
1 cup chopped cashews
½ cup sour cream
1 cup prepared Hidden Valley Ranch® Original Ranch® salad dressing
optional garnish:
crisp-cooked, crumbled bacon

Combine all ingredients. Chill. Garnish just before serving.



HIDDEN VALLEY RANCH RED PEPPER DIP

2 cups sour cream
1 envelope (1.0 ounce) Hidden Valley Ranch® Original Ranch® salad dressing mix
½ cup diced, bottled pimentos or red peppers, drained

Combine all ingredients in a bowl. Mix well. Best if chilled overnight. Garnish with chives. Serve with raw vegetables.



The recipe for a perfect summer evening.

Gather family and friends around a savory, home-cooked meal. And be sure to include these easy-to-make, easy-to-love dishes using Hidden Valley Ranch® Salad Dressing Mix.

You'll enjoy the flavor of these summer dishes when the sun goes down and the fireflies come out. Or anytime at all.



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continued from page 134

MOLASSES GLAZE FOR RIBS

½ cup catsup
2 Tbsp. light molasses
1 Tbsp. lemon juice
1 Tbsp. soy sauce
Several dashes bottled hot pepper sauce

● **Stir together** all ingredients in a small bowl. Use to brush on ribs during the last 15 to 20 minutes of grilling. Makes about ¾ cup.

TERIYAKI GLAZE FOR RIBS

¼ cup unsweetened pineapple juice
¼ cup soy sauce
¼ cup dry sherry
2 Tbsp. brown sugar
1 Tbsp. cornstarch
2 tsp. grated fresh gingerroot *or* ½ tsp. ground ginger
1 clove garlic, minced

● **In a small saucepan combine** pineapple juice, soy sauce, sherry, sugar, cornstarch, gingerroot, and garlic. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Brush on ribs during last 15 minutes of grilling. Makes about ¾ cup.

continued on page 138

BRIQUETTE BASICS

Before you grill, light the coals and let burn about 20 minutes or till glowing. Then, spread coals out for direct grilling or arrange around a drip pan for indirect grilling. Hold your hand, palm side down, above the coals at the height your food will be cooked. Then start counting the seconds, "one thousand one, one thousand two. . . ." If you need to withdraw your hand after two seconds, the coals are *hot;* after three seconds, they're *medium-hot;* after four seconds, *medium;* after five seconds, *medium-slow;* after six seconds, *slow.*

For indirect grilling: Start with hotter coals than needed for cooking, then arrange them around a drip pan. *Hot* coals provide *medium-hot* heat over the drip pan. *Medium-hot* coals provide *medium* heat over the drip pan; *medium* coals provide *medium-slow* heat, and so on.



Entertaining ways to enjoy California Ripe Olives

Loin Lamb Chops with Pepper & Olives

12 (6 oz) lamb chops, trimmed of excess fat
Olive oil
2 clove garlic, finely chopped
Salt and pepper
2 medium onions, thinly sliced & separated into rings
2 large red bell peppers, seeded & cut into long, thin strips
2 large yellow or green bell peppers, seeded & cut into long, thin strips
2 large tomatoes, seeded & diced
1-1/3 cups California ripe olive slices
1/4 cup finely chopped fresh mint, divided
1/4 cup finely chopped parsley, divided

Preheat broiler. Rub lamb chops with oil and garlic. Season with salt and pepper. Let meat stand while preparing vegetables. Heat 3 tablespoons olive oil over high heat in a wide-bottom heavy pot. Add onions; saute until they soften. Add peppers; saute until they are barely tender. Add tomatoes, olives, 2 tablespoons mint and 2 tablespoons parsley; reserve remaining mint and parsley. Cook until vegetables are tender. Season with salt and pepper. Remove from heat. Broil chops 3 to 4 minutes per side, until cooked medium-rare or to desired doneness. Divide sauteed vegetable among 6 warm plates. Place 2 lamb chops on top. Sprinkle with reserved mint and parsley and serve immediately. Makes 6 servings.



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continued from page 137

GRILLED SUMMER VEGETABLES

Remember when a grilled vegetable meant a foil-wrapped potato nestled in the coals? This summer, try grilling most any vegetable right on the grill rack. Watch the grilling closely; a little charring on the vegetable is tasty, but don't overdo it—

Asparagus spears
Small carrots
Eggplant
Fennel
Sweet peppers
Leeks
New potatoes
Baby zucchini *or* regular zucchini
Scallopini squash

• • •

Olive oil, melted margarine, *or* melted butter

● **Before grilling,** rinse, trim, cut up, and precook vegetables as directed in chart. To precook any one vegetable, in a saucepan bring a small amount of water to boiling; add desired vegetable and simmer, covered, for the time specified in chart. Drain well.

● **To grill,** generously brush vegetables with olive oil, margarine, or butter before grilling to prevent sticking to grill rack. (Lay vegetables perpendicular to wires on grill rack so vegetables don't fall into coals.) Cook vegetables on the grill rack directly over *medium-hot* coals (see tip, *page 137*) till tender and slightly charred, following the timings in chart and turning occasionally.

Nutrition information per serving (1 new potato, 1 baby carrot, 5 asparagus spears brushed with 1 tablespoon olive oil): *195 cal., 3 g pro., 14 g fat, 0 mg chol., 14 mg sodium, 487 mg potassium, 3 g dietary fiber. U.S. RDA: 91% vit. A, 46% vit. C, 14% thiamine, 13% niacin.*

FRESH GARDEN CHICKEN

So few ingredients, such a great taste!

1 2½- to 3-lb. broiler-fryer chicken, quartered *or* cut up
1 cup bottled salsa
2 Tbsp. lime juice
½ cup finely chopped cucumber
¼ cup chopped green pepper
1 Tbsp. snipped cilantro

● **Rinse chicken.** Pat dry with paper towels. Sprinkle lightly with *salt* and *pepper.*

● **Grill chicken,** bone side up, on an uncovered grill directly over *medium* coals for 20 minutes (see tip, *page 137*).

● **Meanwhile, combine** salsa and lime juice. Turn chicken and grill for 15 to 25 minutes more or till tender and no longer pink, brushing often with about *½ cup* of the salsa mixture during the last 10 to 15 minutes.

● **For vegetable sauce,** in a small saucepan combine remaining salsa mixture, cucumber, green pepper, and cilantro. Bring just to boiling. Remove from heat. Serve vegetable sauce with chicken. Makes 4 servings.

Fresh Garden Turkey: Prepare Fresh Garden Chicken as directed *except* use six 4- to 6-ounce *turkey breast tenderloin steaks* instead of chicken. Grill turkey over *medium* coals for 12 to 15 minutes, turning once. Brush on sauce during the last 5 minutes.

Fresh Garden Hens: Prepare Fresh Garden Chicken as directed *except* use three 1- to 1½-pound *Cornish game hens,* halved lengthwise, instead of the chicken. Grill halved hens over *medium-hot* coals for 45 to 50 minutes, turning once. Brush on sauce during last 10 to 15 minutes of grilling.

Nutrition information per serving Fresh Garden Chicken: *294 cal., 31 g pro., 15 g fat, 99 mg chol., 510 mg sodium, 425 mg potassium, 0 g dietary fiber. U.S. RDA: 19% vit. C, 16% riboflavin, 72% niacin, 10% iron.*

continued on page 141

TIMINGS FOR GRILLED VEGETABLES

Vegetable	*Preparation*	*Precooking time*	*Grilling time*
Asparagus	Snap off and discard tough bases of stems. Precook, then tie asparagus in bundles with strips of cooked green onion tops.	3 to 4 minutes	3 to 5 minutes
Fresh baby carrots	Cut off carrot tops. Wash and peel.	3 to 5 minutes	3 to 5 minutes
Eggplant	Cut off top and blossom ends. Cut eggplant crosswise into 1-inch-thick slices.	Do not precook.	8 minutes
Fennel	Snip off feathery leaves. Cut off stems.	Precook whole bulbs for 10 minutes. Cut bulbs into 6 to 8 wedges.	8 minutes
Sweet peppers	Remove stem. Quarter peppers. Remove seeds and membranes. Cut peppers into 1-inch-wide strips.	Do not precook.	8 to 10 minutes
Leeks	Cut off green tops; trim bulb roots and remove 1 or 2 layers of white skin.	10 minutes or till tender. Halve lengthwise.	5 minutes
New potatoes	Halve potatoes.	10 minutes or till almost tender.	10 to 12 minutes
Zucchini	Wash; cut off ends. Quarter lengthwise into long strips.	Do not precook.	5 to 6 minutes
Scallopini squash	Rinse and trim ends.	Precook whole for 3 minutes.	20 minutes



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Tastes Too Good To Be So Fat Free.

Louis Rich®

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continued from page 138

GREEK KABOBS WITH BULGUR PILAF

Kabobs are the original mix-and-match recipe. Vary your sticks-of-good-eating by changing the vegetables. Some denser vegetables such as carrots need a minute or two of precooking before grilling—

⅓ cup olive or cooking oil
⅓ cup lemon juice
⅓ cup water
¾ tsp. dried oregano, crushed
½ tsp. salt
¼ tsp. pepper
1 clove garlic, minced
1 lb. lean boneless leg of lamb *or* beef sirloin, cut into 1-inch pieces

• • •

4 small purple *or* white boiling onions
1 small yellow summer squash, cut into ½-inch slices
1 cup broccoli flowerets
½ cup fresh pea pods
½ medium sweet red *or* green pepper, cut into 1-inch squares
¾ cup bulgur wheat
½ cup sliced green onion
1 medium tomato, chopped
¼ cup chopped walnuts

● **In a screw-top jar shake** together oil, lemon juice, water, oregano, salt, pepper, and garlic. Place lamb or beef in a plastic bag and set in a shallow dish. Pour marinade over meat; close bag. Chill 6 hours or overnight, turning once. Drain meat; reserve marinade.

● **Before grilling,** in a small saucepan cook onions, covered, in a small amount of boiling water for 2 minutes. Add squash slices and broccoli; continue cooking 2 minutes more. Drain.

● **Alternately thread** meat cubes, onions, squash, broccoli, pea pods, and sweet pepper pieces onto four 12-inch skewers. Reserve *¼ cup* marinade. Add water to remaining marinade to equal *1½ cups.* Transfer to a 1½-quart saucepan; bring to boiling. Add bulgur and green onion. Simmer, covered, 5 minutes. Remove from heat.

● **Meanwhile,** tear off a 36x18-inch piece of heavy-duty foil. Fold in half to make an 18-inch square. Fold up sides, using fist to form pouch. Place bulgur mixture in pouch. Fold edges of foil to seal pouch securely, leaving space for expansion of steam.

● **Brush kabobs** with reserved marinade. Grill both kabobs and foil pouch on an uncovered grill over *hot* coals (see tip, *page 137*) for 8 to 12 minutes or till meat is of desired doneness, brushing kabobs with the ¼ cup reserved marinade and turning both kabobs and foil pouch frequently.

● **Open foil** and add tomato and nuts; toss. Serve pilaf with kabobs. Makes 4 servings.

Nutrition information per serving: *521 cal., 29 g pro., 30 g fat, 67 mg chol., 333 mg sodium, 767 mg potassium, 11 g dietary fiber. U.S. RDA: 33% vit. A, 172% vit. C, 33% thiamine, 35% riboflavin, 54% niacin, 31% iron.*



Honey-Orange Pork Chops—fresh off the grill with a pasta stuffing.

HONEY-ORANGE PORK CHOPS

Acini de pepe, used for the chop stuffing, is a very tiny, round pasta, found in the pasta section of your supermarket. It's also called little peppercorns—

2 medium oranges
2 Tbsp. honey
1 Tbsp. Dijon-style mustard
2 Tbsp. orange marmalade
2 Tbsp. vinegar

• • •

¾ cup chicken broth
½ cup acini de pepe
4 green onions, thinly sliced
¼ tsp. ground ginger
½ cup finely chopped celery
4 pork loin rib chops, cut 1¼ inches thick

● **Peel and section the oranges** over a bowl, reserving any juices; coarsely chop the orange sections. In a small saucepan blend honey and Dijon-style mustard. Stir in orange marmalade and vinegar. Heat and stir mixture till the marmalade melts. Remove from heat; set saucepan aside.

● **For stuffing, in a saucepan** bring chicken broth to boiling; add acini de pepe, sliced green onion, and ground ginger. Reduce heat; simmer, uncovered, 5 minutes or till acini de pepe is tender. Remove from heat. Fold in orange sections, *2 tablespoons* reserved juice, *2 tablespoons* of the honey mixture, and celery.

● **Cut a pocket in each pork chop** by cutting from the fat side almost to the bone. Spoon 2 to 3 tablespoons stuffing into each chop. Fasten pockets with a wooden pick. Spoon remaining stuffing onto a large sheet of double thickness foil and fold up into a pouch. Set pouch aside.

● **In a covered grill arrange** preheated coals around a drip pan. Test for *medium* heat above the pan (see tip, *page 137*). Place stuffed pork chops on the grill rack over the drip pan but not over the coals. Lower the grill hood and grill the chops for 15 minutes. Turn chops and brush with some of the honey mixture.

● **Place the foil packet** of stuffing on grill next to chops. Cover and grill 15 to 20 minutes more or till the chops are done. Brush both sides of chops with remaining honey mixture before serving. Serve chops with extra stuffing. Makes 4 servings.

Honey-Apricot Pork Chops: Prepare Honey-Orange Pork Chops as directed above *except* prepare the stuffing using ⅓ cup snipped *dried apricots* instead of the fresh oranges. Increase the chicken broth to *1 cup* to cook acini de pepe. For glaze, use *apricot preserves* in place of the orange marmalade. Stuff and grill pork chops as directed.

Nutrition information per serving Honey-Orange Pork Chops: *548 cal., 51 g pro., 23 g fat, 172 mg chol., 388 mg sodium, 861 mg potassium, and 2 g dietary fiber. U.S. RDA: 65% vit. C, 115% thiamine, 50% riboflavin, 86% niacin, 16% iron.*

continued on page 142

FISH LETS BUTTER OFF THE HOOK



Fish has had it up to its gills with butter. Now it's swimming in the tangy flavor of Heinz Vinegar.

Heinz White Vinegar is made from pure sun-ripened grains. That means it contains no fat. No salt. And no cholesterol. It's even double-filter purified for a fresh, clean taste.

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ORANGE ROUGHY WITH CUCUMBER RELISH

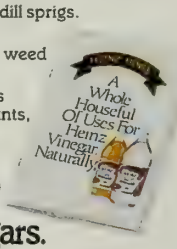
1 can (11 ounces) mandarin oranges, drained
1 small cucumber, peeled, seeded, finely chopped
1/3 cup Heinz Distilled White Vinegar
1 green onion, minced
*1 tablespoon snipped fresh dill
1-1/4 pounds orange roughy fillets
Dill sprigs

Reserve 8 orange sections for garnish; coarsely chop remaining sections and combine with cucumber, vinegar, onion and dill. Cover; let stand 1 hour, stirring occasionally. Spray broiler pan with nonstick cooking spray; place fish on pan. Spoon 1 tablespoon juice from cucumber mixture over fillets. Broil, 3 to 4 inches from heat source, 8 to 10 minutes or until fish is cooked. To serve, spoon cucumber relish on top of fish. Garnish with reserved orange sections and dill sprigs. Makes 4 servings.

*1 teaspoon dried dill weed may be substituted.

For more free recipes and Heinz Vinegar hints, write to:
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continued from page 141

STUFFED SIRLOIN WITH MIXED MUSHROOM SAUTÉ

The classic grilled steak with mushroom sauce gets even better with this delicious recipe. The exotic mushrooms taste rich and earthy—

- **1 recipe Spinach Stuffing *or* Onion Stuffing (see recipes below)**
- **1 2-lb. boneless beef top sirloin steak, cut 1½ inches thick**
- **1½ cups sliced mixed fresh mushrooms (such as shiitake, oyster, and brown mushrooms)**
- **1 Tbsp. margarine *or* butter**
- **¾ cup beef broth**
- **2 tsp. Worcestershire sauce**
- **2 tsp. cornstarch**
- **2 Tbsp. dry red wine**
- **1 Tbsp. snipped parsley**

● **Prepare desired stuffing** for steak. To make a pocket in steak, use a sharp paring knife and make a short horizontal slit in one side of steak. Insert knife into slit, drawing from side to side to form a larger pocket in steak. Spoon stuffing into pocket. Close the pocket with wooden picks inserted diagonally.

● **For mushroom sauce,** in same skillet cook mushrooms in margarine or butter till tender. Combine beef broth, Worcestershire sauce, and cornstarch; carefully add to skillet. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Add wine and parsley. Keep warm while grilling steak.

● **Grill steak** directly over *medium-hot* coals (see tip, *page 137*) to desired doneness, turning once. (Allow 14 to 18 minutes for rare, 18 to 22 minutes for medium, or 24 to 28 minutes for well done.) Serve with mushroom sauce. Makes 6 to 8 servings.

Nutrition information per serving: *248 cal., 30 g pro., 11 g fat, 76 mg chol., 229 mg sodium, 551 mg potassium, 1 g dietary fiber. U.S. RDA: 31% vit. A, 12% thiamine, 24% riboflavin, 45% niacin, 18% iron.*

SPINACH STUFFING FOR STEAK

The horseradish adds just a little zip—

- **½ of a 10-oz. pkg. frozen chopped spinach, thawed and well drained**
- **1 Tbsp. prepared horseradish**
- **¼ tsp. pepper**

● **In a mixing bowl** stir together the spinach, horseradish, and pepper.

ONION STUFFING FOR STEAK

Double the recipe to serve extra cooked onions over the steak—

- **1 small onion, halved, sliced, and separated into rings**
- **1 clove garlic, minced**
- **1 Tbsp. margarine *or* butter**
- **¼ tsp. lemon pepper seasoning**

● **In a large skillet cook** onion and garlic in margarine or butter till onion is tender but not brown. Stir in lemon-pepper seasoning.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe we give important ıtrition information. The calorie ›unt of each serving and the amount, grams, of protein, fat, carbohydrate, ıolesterol, sodium, and potassium elp you keep tabs on what you eat.

Also, you can check the vitamin and ıe mineral levels per serving of each ecipe. These are noted in percentages the United States Recommended aily Allowance (U.S. RDA) whenever ıe value exceeds 10 percent of the rec-nmended amounts. (The U.S. RDAs e dietary standards developed by the ›od and Drug Administration.)

When a recipe is high in fiber, we'll clude grams of fiber per serving, too.

HOW WE ANALYZE

We omit optional ingredients from ıe nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

- When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed.

WHAT YOU NEED

- Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (in general, moderately active males and teenagers need more calories):

- **Calories—2,000**
- **Protein—50 grams**
- **Fat—no more than 67 grams**
- **Cholesterol—no more than 300 milligrams**
- **Sodium—500 to 3,000 milligrams**
- **Fiber—20 to 30 grams**

- Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)



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BY JULIA MALLOY

FROM A COOK'S GARDEN

Enjoy your early summer harvest

Reap the early rewards from your vegetable garden in our crisp, style-your-own salad. Choose vegetables from our gardener's checklist or substitute market-fresh produce.

GARDENER'S-CHOICE SALAD

In a bowl combine cooked *peas,* a little chopped *red onion,* and enough *Walnut Vinaigrette* or *Oil-Free Dill Dressing* to moisten; cover and chill.

To chilled pea mixture, add coarsely chopped toasted *walnuts.* Arrange mixed torn salad greens on a platter. Spoon the pea mixture into a *cabbage leaf;* center on platter. Arrange *snap peas, broccoli flowerets,* sliced *cheese (Scamorza* or *provolone),* sliced *cooked meat (smoked turkey, ham,* or *beef),* and *edible flowers (nasturtiums, violas, pansies, pak-choi blossoms)* around pea salad. Top with *fresh dill* and a *red onion blossom.* Serve with choice of dressing.

WALNUT VINAIGRETTE

If you planted Varna leeks, you can substitute those young leeks for the chives—

- **½ cup walnut oil**
- **¼ cup white wine vinegar**
- **2 Tbsp. water**
- **1 Tbsp. sugar**
- **1 Tbsp. snipped fresh chives**
- **1 Tbsp. Dijon-style mustard**
- **¼ tsp. pepper**



Arrange fresh-from-your-garden ingredients for eye-pleasing Gardener's-Choice Salad.

In a screw-top jar combine all ingredients. Cover; shake well. Chill. Shake before serving. Makes about 1 cup.

Nutrition information per tablespoon: *65 cal., 0 g pro., 1 g carbo, 7 g fat, 0 mg chol., 28 mg sodium, 6 mg potassium, 0 g dietary fiber.*

OIL-FREE DILL DRESSING

- **⅔ cup water**
- **¼ cup white wine vinegar**
- **3 Tbsp. powdered fruit pectin**
- **1 Tbsp. snipped fresh dill *or* 1 tsp. dried dillweed**
- **1 tsp. sugar**
- **¼ tsp. garlic powder**
- **¼ tsp. dry mustard**
- **⅛ tsp. pepper**

In a screw-top jar combine all ingredients. Cover; shake. Chill up to 3 days. Shake before serving. Makes 1¼ cups.

Nutrition information per tablespoon: *7 cal., 0 g pro., 2 g carbo, 0 g fat, 0 mg chol., 0 mg sodium, 5 mg potassium, 0 g dietary fiber.*

GARDENER'S CHECKLIST



Garden Editor Jane McKeon with her harvest.

In our March 1990 issue, our Cook's Garden featured these produce varieties, now ready to harvest for *Gardener's-Choice Salad,* at left.

- *Peas (for shelling):* Novella
- *Snap Peas:* Mammoth Melting Sugar, Sugar Snap
- *Onions:* White Lisbon
- *Broccoli:* White Sprouting or Green Dwarf
- *Lettuce:* Green or Red Salad Bowl, Red Riding Hood, Red Leprechaun, Little Gem, Buttercrunch, Lollo Rossa, Royal Oakleaf
- *Spinach:* Melody Hybrid
- *Pak-Choi:* Mei Qing Choi
- *Cabbage:* Spivoy

PHOTOGRAPHS: PETER KRUMHARDT; FOOD STYLIST: JANET HERWIG



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happened before. Something spills on one shelf of e refrigerator. And it drips down on the next shelf... d the next shelf...and a little spill becomes a big an-up job.

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You'll find these Whirlpool® refrigerators filled th ideas that make them easy to clean. Like shelves at slide out. Tracks that attach without brackets. And or bins that snap in and out with simple buttons. All behind our famous textured steel doors. So clean-up takes up as little time as possible.

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So why wait for a refrigerator that gives you all this, and stops spills cold? Whirlpool has it today.

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HUNT'S® GREAT AMERICAN COOK

This is Theresa Wells.
She loves cooking for an audience.
Has over 500 teddy bears.
She uses Hunt's.



This is her Hunt's Spicy Lasagna.

Theresa invented this dish about an hour before her dinner guests began raving over it. But Theresa says she's never failed with Hunt's Tomato Paste. She's not alone. Hunt's has been trusted for good cooking for 100 years. Theresa and her dinner guests couldn't agree more.

Theresa's Spicy Red Spinach Lasagna

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 Tablesp. each: bacon drippings and olive oil
- 1 (28-oz.) can Hunt's Stewed Tomatoes
- 1 (6-oz.) can Hunt's Tomato Paste
- 8 slices chopped cooked bacon
- ¼ cup dry red wine
- 2 Tablesp. red wine vinegar
- ½ to 1 teasp. crushed red pepper flakes
- 2 cups shredded fresh spinach
- 1 (15-oz.) container ricotta cheese
- ¾ lb. shredded Swiss cheese
- 1 egg, slightly beaten
- 8 lasagna noodles, cooked, rinsed and drained
- Grated Parmesan cheese
- Minced parsley

In Dutch oven, sauté onion and garlic in drippings and oil until tender. Add next 7 ingredients. In bowl, mix ricotta, Swiss and egg. Pour 1 cup sauce in 13 x 9 x 2-inch baking dish. Layer 4 noodles, ½ cheese mixture and ½ the remaining sauce; repeat layers. Bake at 350°F for 40 minutes. Top with Parmesan and parsley. Cool 10 minutes before cutting. Serves 8 to 10.



IT HAD TO BE HUNT'S.



WIN MONEY FOR YOUR RECIPES
See Page 152 For Details



PRIZE TESTED RECIPES®

Summer Salads

File under Salads and Dressings
June, 1990

$200 WINNER *Gini Rowan, Pendleton, Oreg.*

SCAMPI SALAD PLATTER

Pair this seafood and spinach salad with crusty French bread for an elegant summer dinner—

4 cups torn fresh spinach leaves
1 15-oz. can garbanzo beans, drained
1 8-oz. can sliced water chestnuts, drained, *or* 1 small jicama, peeled and cubed
1 cup sliced fresh mushrooms
⅓ cup sliced green onion
¼ cup Italian salad dressing
1 clove garlic, minced
1 Tbsp. olive oil *or* cooking oil
1 cup dry white wine
1 lb. fresh *or* frozen, peeled, deveined shrimp
4 hard-cooked eggs, quartered
4 1-oz. slices cheddar cheese, cut into triangles
2 medium tomatoes, cut into wedges
2 Tbsp. Italian salad dressing

In a large mixing bowl combine the spinach, garbanzo beans, water chestnuts or jicama, mushrooms, and green onion. Add the ¼ cup Italian dressing; toss to mix. Cover and chill. Meanwhile, in a large skillet cook garlic in hot oil for 30 seconds. Remove from heat and carefully add wine. Return to heat and bring to boiling. Add shrimp. Return to boiling; cook, uncovered, for 1 to 3 minutes or till shrimp turn pink, stirring occasionally. Drain into a colander; run cold water atop shrimp to cool. Drain thoroughly. Cover a large serving platter with spinach mixture. Arrange eggs, cheese, and tomatoes around the edge of the platter. Place shrimp atop spinach mixture. Drizzle shrimp with remaining 2 tablespoons salad dress-

along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

Frozen Desserts and Ice Creams

File under Desserts
June, 1990



$200 WINNER *Anne Frederick, New Hartford, N.Y.*

SPIKED PEACH SORBET

Wine and orange peel give this summer-fresh peach dessert its winning flavor—

1¼ lbs. fresh peaches, peeled, pitted, and cut up (2½ cups) *or* one 16-oz. pkg. frozen unsweetened peach slices, thawed slightly
3 Tbsp. lemon juice
1 cup sugar
1 cup dry white wine
1½ tsp. grated orange peel
Long, thin strips of orange peel (optional)
Raspberries (optional)

In blender container or food processor bowl combine peaches and lemon juice; cover and blend or process till smooth. In large mixing bowl stir together sugar and 1 cup boiling *water* till sugar is dissolved. Stir in peach mixture, wine, and grated orange peel. Turn into a 9x9x2-inch pan; cover and freeze 3 to 4 hours or till firm. Break into chunks; transfer to a chilled, large mixer bowl. Beat with an electric mixer on medium-high speed till smooth. Return to pan; cover. Freeze for several hours or till firm. Let stand 20 minutes at room temperature before scooping into dessert dishes. Serve with orange peel strips and berries. Serves 8.

Nutrition information per serving: *141 cal., 32 g carbo., 2 mg sodium, 132 mg potassium, and 1 g dietary fiber. U.S. RDA: 11% vit. C.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

PRIZE TESTED RECIPES®

Frozen Desserts and Ice Creams

File under Desserts
June, 1990



$100 WINNER *Linda Camp Keith, Carrollton, Tex.*

SPUMONI CHARLOTTE

To get a head start on entertaining, make this elegant dessert ahead, then freeze—

18 ladyfingers, split
½ cup Amaretto
⅔ cup finely crushed chocolate wafers
1 qt. vanilla ice cream
1 Tbsp. rum
1 6-oz. jar maraschino cherries, drained
1 qt. pistachio-almond ice cream
½ cup whipping cream
¼ cup sifted powdered sugar
1 Tbsp. rum

Trim about ½ inch off one end of each ladyfinger, reserving cut pieces. Brush ladyfingers and cut pieces on all sides with Amaretto; roll in some of the crushed wafers to lightly coat. Line sides of a 9-inch springform pan with a row of ladyfingers, placing them cut end down and split sides toward inside of pan. Place remaining ladyfingers and cut pieces in bottom of pan. Sprinkle with 1 tablespoon of remaining crushed wafers. Stir vanilla ice cream to soften; blend in first 1 tablespoon rum. Spoon into lined pan. Place cherries atop vanilla ice cream mixture. Freeze about 4 hours or till slightly firm. Stir pistachio ice cream to soften; spoon atop cherries. Freeze till firm. In a small mixer bowl combine whipping cream, powdered sugar, and remaining rum. Beat with electric mixer on medium speed till soft peaks form. Remove charlotte from pan; dollop cream mixture atop. Sprinkle with crushed wafers. Freeze till firm. Cover; freeze till needed. Let stand at room temperature 10 minutes before cutting. Serves 12 to 16.

Clip along here and file punched pages in your *New Cook Bo*

PRIZE TESTED RECIPES®

Summer Salads

File under Salads and Dressings
June, 1990



$100 WINNER *Kimberly Criffield, Kearney, Nebr.*

SPINACH PASTA SALAD

Brighten a summer picnic and tote this colorful spiral-pasta salad along in a cooler—

8 oz. corkscrew spinach macaroni, cooked, drained, and rinsed
1 8-oz. can artichoke hearts, drained and cut up
¾ cup sliced pitted ripe olives
½ cup bottled roasted sweet red pepper, drained and cut into strips (available in grocery stores or specialty shops) *or* one 4-oz. jar sliced pimiento, drained
1 medium red onion, chopped (½ cup)
1 oz. provolone cheese, cubed
1 oz. cheddar cheese, cubed
⅓ cup white wine vinegar
¼ cup salad oil
2 Tbsp. honey
¾ tsp. dried basil, crushed
½ tsp. dried dillweed
½ tsp. garlic powder
½ tsp. pepper
¼ tsp. salt

In a large mixing bowl combine the macaroni, artichoke hearts, olives, roasted pepper or pimiento, onion, and cheeses. Toss to mix. For dressing, in a screw-top jar or small mixing bowl combine the vinegar, oil, honey, basil, dillweed, garlic powder, pepper, and salt. Cover and shake, or whisk to mix well. Pour over macaroni mixture. Toss to coat. Cover and refrigerate several hours or overnight. Makes 10 to 12 side-dish servings.

Nutrition information per serving: *200 cal., 6 g pro., 23 g carbo., 10 g fat, 5 mg chol.,*



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COOK QUICK, EAT LEAN

Two Healthful Microwave Meals



SCOTT LITTLE

ORIENTAL BEEF

Turn your microwave oven into a wok and stir up a delicious meal without adding extra fat —

- **⅔ cup couscous *or* 1 cup quick-cooking rice**
- **½ cup reduced-calorie apricot preserves**
- **1 Tbsp. sodium-reduced soy sauce**
- **½ tsp. grated gingerroot**
- **⅛ tsp. crushed red pepper**
- **¾ lb. beef flank steak**
- **1 cup sliced fresh mushrooms**
- **1 medium green pepper, cut into strips (1 cup)**
- **1 medium sweet red pepper, cut into strips (1 cup)**
- **2 green onions, bias-sliced into 1-inch pieces**
- **2 Tbsp. red wine vinegar**
- **2 tsp. cornstarch**

Cook couscous or rice according to package directions on the range top, *except* omit margarine or butter and salt.

For sauce, stir together preserves, soy sauce, gingerroot, and crushed red pepper; set aside. Thinly slice steak on the bias into bite-size strips.

Place beef strips in a 1½-quart casserole. Cover and micro-cook on 100% power (high) for 5 or 6 minutes (low-wattage ovens: 8 to 9 minutes) or till meat is tender, stirring after 3 minutes. Remove meat and discard juices.

In the casserole place mushrooms, green and red pepper strips, and green onions. Pour sauce mixture over the vegetables. Toss gently till mixed. Cover and micro-cook on high for 4 to 5 minutes (low-wattage ovens: 7 to 8 minutes) or till pepper strips are crisp-tender, stirring after every minute.

Stir together vinegar and cornstarch, then add mixture to casserole. Stir in meat. Micro-cook, uncovered, on high for 3 to 4 minutes (low-wattage ovens: 5 to 6 minutes) or till mixture is thickened and bubbly, stirring after every minute. Serve with cooked couscous or rice. Makes 4 servings.

Nutrition information per serving: *366 cal. (25% from fat), 19 g pro., 49 g carbo., 10 g fat (saturated fat 4 g), 45 mg chol., 186 mg sodium, 488 mg potassium, and 2 g dietary fiber. U.S. RDA: 15% vit. A, 136% vit. C, 24% thiamine, 20% riboflavin, 38% niacin, 21% iron.*

Oriental Beef, a complete meal, comes in at 366 calories per serving. The kabobs total even fewer calories—just 118.

LIME-COD KABOBS

For extra color, thread both zucchini and yellow summer squash slices on the skewers—

- **¾ lb. fresh *or* frozen cod steaks *or* halibut steaks, cut 1 inch thick**
- **¼ cup dry white wine**
- **¼ cup lime juice**
- **1 Tbsp. olive *or* cooking oil**
- **1 small clove garlic, minced**
- **½ tsp. dried basil, crushed**
- **¼ tsp. dried oregano, crushed**
- **⅛ tsp. salt**
- **⅛ tsp. pepper**
- **1 medium zucchini, cut into ½-inch slices**

Thaw fish, if frozen. If necessary, trim off skin. Cut fish into 1-inch cubes. For marinade, in a medium bowl stir together wine, lime juice, oil, garlic, basil, oregano, salt, and pepper. Add fish and stir till coated. Cover and marinate at room temperature for 30 minutes, stirring gently once or twice.

Meanwhile, in a 1-quart casserole place squash and 1 tablespoon *water*. Cover and micro-cook on 100% power (high) for 2 minutes. Drain and let squash stand till cool enough to handle.

Drain fish, reserving marinade. On four 9-inch-long wooden skewers alternately thread fish cubes and squash. Place kabobs in a 12x7½x2-inch microwave-safe baking dish. Pour the reserved marinade over kabobs. Cover with vented microwave-safe plastic wrap. Micro-cook kabobs on high for 3 to 4 minutes or till fish just flakes with a fork, rearranging after 2 minutes by moving outside kabobs to center and turning kabobs over. Makes 4 servings.

Note: Recipe not recommended for low-wattage ovens; dish is too large.

Nutrition information per serving: *118 cal. (33% from fat), 15 g pro., 3 g carbo., 4 g fat (saturated fat 1 g), 36 mg chol., 119 mg sodium, 313 mg potassium, 1 g dietary fiber. U.S. RDA: 16% vit. C.*



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FOOD

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$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. We pick two categories and give you some simple guidelines for each category. Then, seven months later, we feature the four top recipes, two in each category, on the Prize Tested Recipes pages. You can clip and save the pages, and even punch holes in them to file by category in your three-ring cookbook binder.

WINNING IDEAS TO GET YOU START FOR THIS MONTH'S CATEGORIES

One-Pot Meals

- **Weeknight 20-minute** dishes
- **Long-simmering** vegetarian mea
- **Old-fashioned favorites** updat with more healthful ingredients
- **Quick and simple** one-dish dinne for your microwave
- **Stir-fried combinations** of mea and vegetables
- **Steaming pot pies** full of chunl vegetables and rich sauce

Muffins and Biscuits

- **High-fiber whole grain** biscuits
- **Fresh- or dried-fruit and n** breakfast muffins
- **Make-ahead baking mix** to ke on hand
- **Miniature tea muffins** with fl vored butters
- **Savory** herb or vegetable biscuit
- **Cheesy biscuit crescents**, sprinkl with flavorful seeds

WINNERS IN THIS ISSUE
(pages 147 and 148)

$200 Winners

Anne Frederick, New Hartford, N.Y
Gini Rowan, Pendleton, Oreg.

$100 Winners

Kimberly Criffield, Kearney, Nebr.
Linda Camp Keith, Carrollton, Tex.

Honor Roll Winners

Barbara McIntyre, Colorado Spring Colo.; Mrs. John H. Morton, Rochest N.Y.; Pat Parsons, Bakersfield, Calif Glenda Marie Stokes, Florence, S.C Donna Torres, Deer River, Minn.; Ma rie D. Wellman, Seattle, Wash.

CONTEST RULES

1. Clearly type or print your name and ad dress on each recipe you submit. On eac recipe, write which of the two categories yo are entering: "January One-Pot Meals" o "January Muffins and Biscuits." **2.** Specif brand names of foods you use. **3.** Include 5 to 100 words about origin of recipe. **4.** If you recipe is purchased, you give Meredith Corpo ration the right to use the recipe, your name and your hometown in any manner for as lon as we wish. **5.** All entries must be postmarke by midnight, June 30, 1990. If recipe dupli cates are submitted, the one earliest post marked will be judged. **6.** We reserve the righ to adjust and edit winning recipes. **7.** Addres recipes you enter to "January One-Pot Meals" or "January Muffins and Biscuits," 9101 Foo Department, Better Homes and Gardens, De Moines, IA 50336. **8.** All entry materials be come the property of Meredith Corporation.

GOOD NEWS FOR EVERYONE WHO'S BORED WITH OAT BRAN:



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'HONEY, I STRETCHED THE HOUSE'

STREAMLINED ADDITION BRINGS THE OUTSIDE IN



A light-reflecting oak floor guides kitchen traffic back to the family room and outdoors.



High ceilings, French doors, and glass blocks open up the new family room.

BY SUSAN SOUDER

Photographs: Mike Jensen
Architect: Jeremy H. Miller
Illustrations: Mike Henry
Regional editor: Trish Maharam

Whether you add up or add on, savvy open planning and daylighting will do wonders to help a cramped home stretch and breathe in comfort.

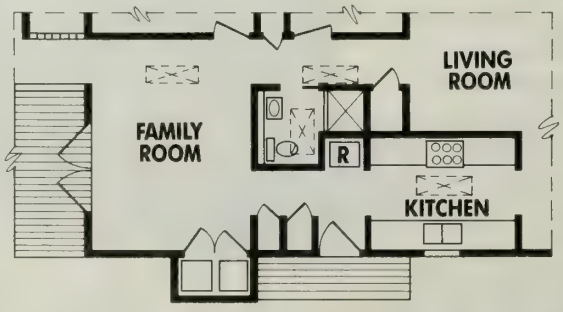
BACKYARD BONANZA

Is your growing family shrinking your living space? A deep backyard may give you the option of adding on a room or two—or more—for less than the cost of move-up housing. The arrival of a new baby spurred Jeff and Cheryl Patterson into lengthening their Seattle one-bedroom box of a ranch with four rooms and a big deck.

KITCHEN MAGICIAN

Architect Jeremy Miller's big contribution to the Pattersons' much-needed living space was to integrate the dark galley kitchen with a new family room and elongated deck. This opened up the house to their never-used backyard.

A kitchen makeover leads the way to the streamlined addition. Miller rejuvenated the room with new light cabinets and finishes and an annexed utility room, which recessed the refrigerator and created additional counter space. He also lifted the ceiling and popped in a skylight. New soffits above the counters help channel the sunlight down from the skylight and tuck in recessed task lights.



The Pattersons' addition opened up the house to their never-used backyard and created an indoor/outdoor living area.



Our new Twice Baked Potatoes are really delicious delicious. Each crispy crispy potato skin is stuffed with a creamy creamy whipped potato filling.

And even though they look like you spent all day in the kitchen, you can prepare them fast fast. Serve them with fish or chicken, beef or lamb.

New microwaveable Twice Baked Potatoes can dress up dress up any meal. Your family will love love them in Sour Cream and Chives, Butter Flavor and Cheddar Cheese.

Ore Ida Ore Ida New Ore-Ida Twice Baked Potatoes



SHIPSHAPE SPACE

HOW TO STOW AWAY IN STYLE



This 7×8½-foot room shows that you can transform a "shoe-box" space into efficient and comfortable quarters without sacrificing style.

Photographs: Laurie Black and Roslyn Banish. Design: Robert Idol. Regional editor: Barbara East Cathcart



A computer desk at the end of the shelf unit reports for homework duty.

Bet your child won't hang clothes on the floor or lose a CD in the clutter after you organize with built-ins. To improve a small space, treat it to light colors, a creative use of space, and hardworking, custom-made furnishings.

Here are five strategies for shaping up a small space without shipping out high-style decorating in the process:

A trimmed-up platform bed tucks in under a window covered with the slimmest of mini-blinds. Up top, the room's occupant has private sleeping quarters by night and a cheery sofa by day. Down below, ample drawers under the bed stash pajamas, pillows, and blankets during the day.

Open shelving to the ceiling emphasizes the height of the room while playing down its narrow width. Hung over the built-in drawer units, it fills the wall beside the bed with vertical storage. The shelving commandeers books, pictures, and personal belongings. With its eye turned toward the bed and comfortable viewing, the television fits compactly into the lower section of the shelf unit.

Wide drawers under the shelving unit along the bedroom wall replace a bulky dresser for clothing and other belongings. The lines of the built-ins keep the room uncluttered and easy to clean.

A floating shelf desk covered with plastic laminate slips in as a computer and printer space and the upholstered stool slides away under the shelf when it's not in use. When handwritten homework needs to be done, the lightweight computer and printer can be moved to the side.

Hard-wearing industrial carpet laid wall to wall puts the final touch on the orderly space. The color adds the bonus of not showing dirt.

ft, Inc.















The wholesome snack kids make their own.

Careful. Don't spill this ac

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And once you exhaust all those possibilities, you'll probably need a week of R&R on the beach.



Coronado to Crescent City, CA: The world's longest stretch of tanning-lazing-surfing-gazing beaches.

Want to learn the ropes? Arrowhead, Tahoe or just about anywhere in Lake County will do.



If you don't own these off-road ve don't worry. You rent them on the Sacramento or Tuolumne River

FAVORITE FAMILY RESORTS

BY GEORGE S. BUSH

In March 1989, we published an article on favorite family resorts all over the country. We had space for only 50, but there are many more. Here are a few others well worth considering when you plan your next vacation.

Although many activities are free, most resorts charge extra for golf, tennis, boat and bike rentals, horseback riding, and kids' programs.

WESTIN LA PALOMA, ARIZONA

Golf, swimming, tennis, biking, horseback riding, kids' program, fitness, and entertainment.

This great Tucson summer bargain sits on a mountain ledge 2,700 feet above the city. An opulent vacation playground, Westin La Paloma is just four years old and grandly designed and landscaped. Activities at the resort include guided trail rides, cookouts by the pool, mountain jeep tours, golf and tennis clinics, and shopping shuttles into the city. The children's program ranges from water games to ice-cream socials. Kids especially like the terrific water slide. Rooms are large and meticulously maintained, and the meals wonderful, from breakfasts on the pool terrace to dinners at your choice of in formal eateries and classy restaurant



THE WESTIN LA PALOMA

The Santa Catalina Mountains provide a scenic backdrop for Westin La Paloma.

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is normally high-priced luxury resort that time of year without breaking ur budget. Its bedroom wings sur-und a large terrace patio with free-rm pools, where mariachi music ngles the air at dusk.

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For more information: 10,000 N. Ora-e Road, Dept. BHG, Tucson, AZ 5737; 602/742-7000.



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Open throughout the year. Doubles, $96; kids free. Kitchen suites, sleeping up to six, $150. Condos, $160–$300.

For information or reservations: Box 3609, Dept. BHG, Sunriver, OR 97707; 800/547-3922.

MURIETTA HOT SPRINGS RESORT, CALIFORNIA

Golf, swimming, tennis, hiking, and fitness facilities.

continued on page G8

TRAVEL PLANNING

See *page G8* for a listing of free travel information and literature you can order.

FREE TRAVEL INFORMATION

The Better Homes and Gardens® travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, send $1.00 for handling, and we'll forward your requests to the appropriate advertisers. If the coupon has been used, send your list of the numbers to Better Homes and Gardens, P.O. Box 4534, Dept. 9006W, Des Moines, IA 50336.

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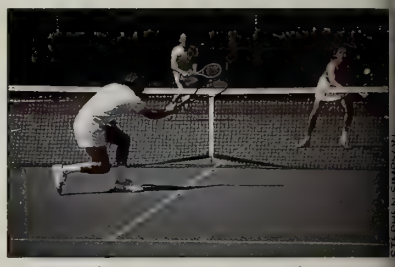
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TRAVEL WEST

continued from page G7

There's nothing fancy about this ven erable pleasure spa, the private play ground of movie stars during the '30s in the golden hills off I-15 between Lo Angeles and San Diego. But it's a grea



Tennis buffs love the excellent facilities at Murietta Hot Springs Resort.

spot for a relaxed family vacation—and inexpensive at that. Organized activi ties are minimal. You are on your own for lazing around two glorious pools—one Olympic-size—and playing shuffle board, table tennis, and lawn games. While the pool area vibrates with the sounds of happy kids, proceedings in the property's oldest building are in tensely disciplined. The spa offers mud baths, hot mineral waters, massages, and other serious body pampering.

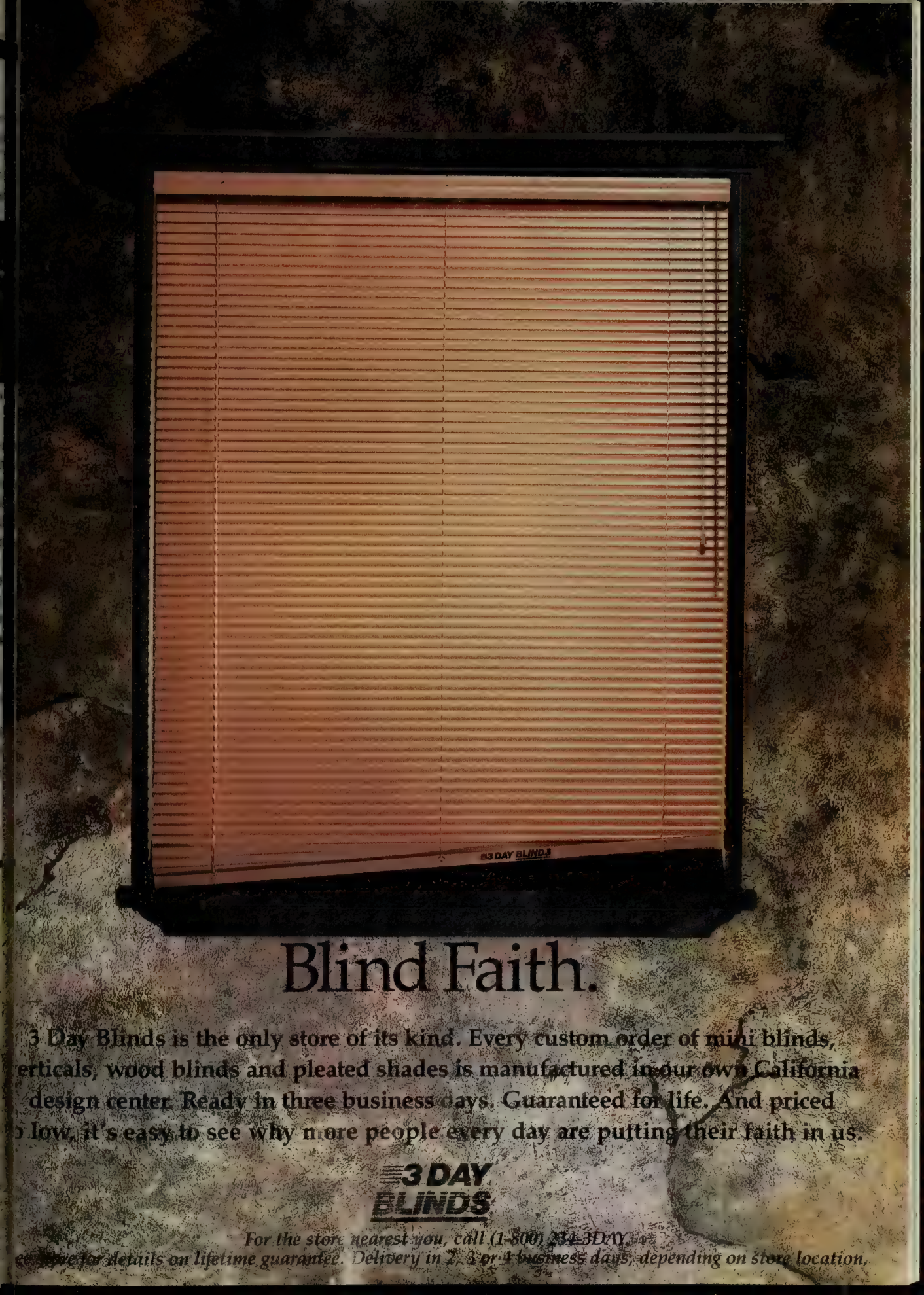
Open all year. Doubles, $60–$105; kids under 12 free. Spa, tennis, and golf packages are available.

39405 Murietta Hot Springs Rd., Dept. BHG, Murietta, CA 92362; 800/322-4542; in state, 800/458-4393.

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MIXING BUSINESS WITH LEISURE

HOW TO FURNISH ONE ROOM FOR BOTH



PHOTOGRAPHS: SUSAN GILMORE DESIGN: BARBARA STEELE REGIONAL EDITOR: BERNADETTE BACZYNSKI

Double your work-and-play pleasures with a backdrop of natural elements. Then, think twice about the functions of the space and the furnishings you'll need to provide for comfort and work.

When Barbara Steele of Minneapolis moved her family into a four-room cottage, the challenge was to create a comfortable home *and* find space in it for a home office. Here's how she accomplished the task, proving that you can live comfortably in limited space while you nurture a child and a business. Take a few notes on decorating from the main room of Barbara's cottage:

● **Organize function first.** Remember the central space of yesteryear's log cabin where child care, dining, business, and conversation took place? As hearths were long ago, this hearth is the hub around which all other furnishings revolve. It provides a focal point for a conversation island, allowing a natural traffic flow from the sliding doors through the room. The sideline seating arrangement frees up the opposite wall for a desk and dining setup. A little one can run freely around furnishings, hide behind love seats, and plop down for naps.



Wide-awake wood sheds light on this double-life desk and table.

If you have no focal point such as a fireplace to anchor a seating island, create one with a tall armoire or modular unit that houses media equipment or shelf units that hold a library of books.

● **Plan for big comfort.** Wrap the room in pale pine boards to set a casual mood. The natural color and smooth texture of the wood panels keep the walls from "moving in."

When space is tight, think small about furnishings. Instead of the standard 8-foot sofa, choose two hospitable love seats that offer more room-arranging flexibility and sink-in sitting. Or, use four big armchairs or compact modulars to define a conversation area. Bind the seating together with a foot-warming area rug.

● **Choose double-duty pieces** to furnish work and play activities. This durable, tile-top table serves up dinner or a game for four when it's pulled into the traffic path. Pushed against the wall for most of the day, it works hard to organize business affairs and to tackle telephone tasks.



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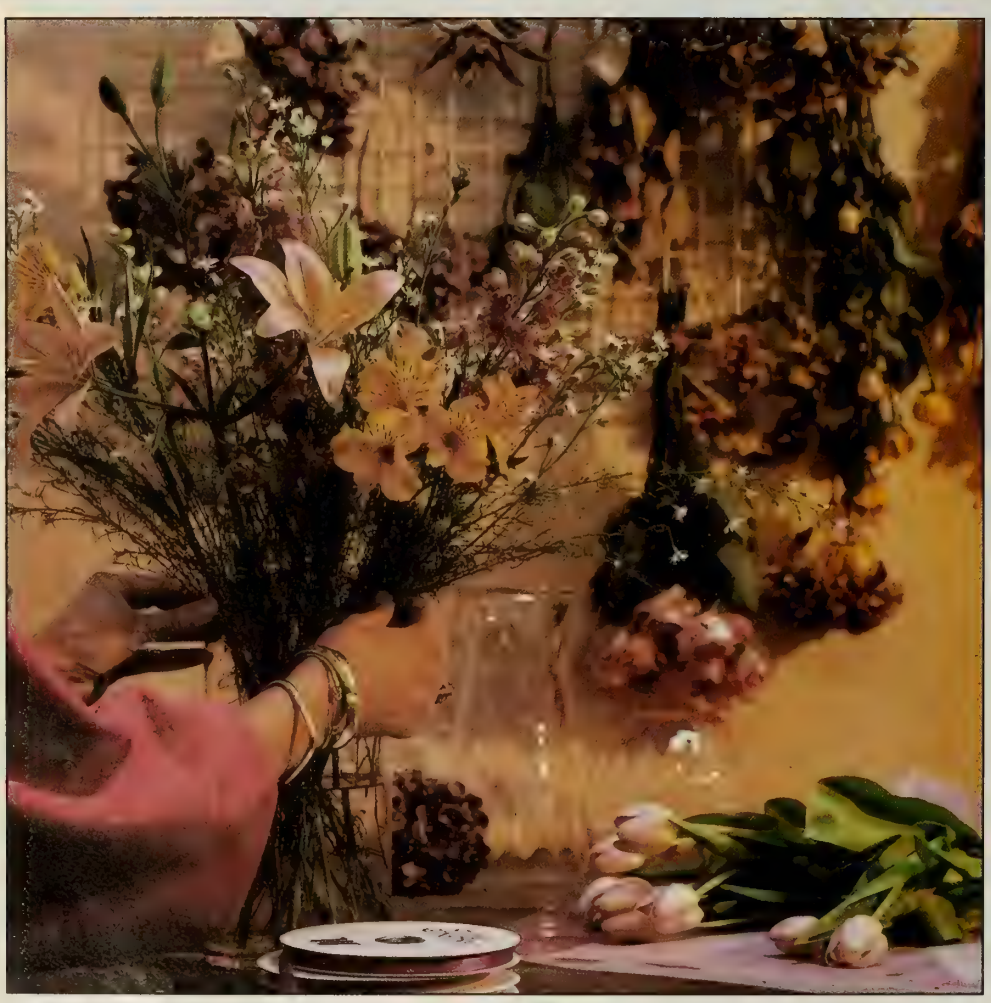
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BEAUTY IN BLOOM

BUYING, DISPLAYING, AND DRYING FLOWERS



Prolong blooming beauty by changing the water and snipping a bit off the stem each day.

Photograph: Laurie Black and Roslyn Banish. Design: Peggy O'Neill for Hearts and Flowers, Tiburon, Calif. Regional editor: Helen Heitkamp

Take time to smell the roses. Fresh flowers prompt smiles especially when you bring some home on an ordinary day. Here are some tips for buying, displaying, and drying flowers.

Next time you buy blooms, make the most of it. If you don't see the flowers you want, ask to look at what's available in back-room refrigerators. Then, pick your own petals. But, before you buy, read these hints:

Know the size of the container you plan to use. Flowers look their best when they stand double the height of their vase or container.

Use an odd number of flowers in a vase for more interest. Don't crowd stems; each blossom will be a standout if it has room to bloom.

Select scented flowers, such as tuberose or freesia, to double your pleasure.

Play with color. Hues that complement your decor can be more interesting than perfect matches.

ON DISPLAY

Instead of reaching for the same old vase, try these display ideas:

Gather a variety of glass bud vases, then casually group them on a tabletop. Slip one or two stems into each vase for a graceful and free-spirited display.

Consider teapots and pitchers with wide-open tops for floral bouquets. Try chili bowls or drinking glasses.

Wrap small pots of blooming greenery—such as primula, azaleas, or begonias—in doilies or cloth napkins. Bunch the pots in the center of your table, or line up three on a counter.

Experiment with food and flowers for a dynamic decorating duo. A low basket of flowers joined with tiny cabbages or peppers, or cut violets paired with orange persimmons, make clever and colorful kitchen countertop displays.

DARE TO DRY

Use this simple method for drying flowers:

Try different varieties of flowers. Top picks are roses, hydrangeas, lavender, and baby's-breath.

Dry flowers when they're at their prime. Pick flowers (from the vase or from the garden) when they've just opened, but not past their bloom.

Bundle a few stems together, tying them snugly with string near the ends of their stems.

Hang flowers with their blooms directed downward in a cool, dry, dust-free spot that's out of the sun. Leave them for several days.



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ON THE ELECTRIC CIRCUIT

• CONVENIENCE • SAFETY • SECURITY

BY ANN HINGA KLEIN

They're no match for George Jetson's robot maid, Rosie, but today's electronic convenience products will do plenty. They'll start your coffee at dawn, switch on your lights at dusk, open your garage door from a block away, and more. Here's a look at some wired wonders for $50 or less.



▲ **LIGHTS! ACTION! SECURITY!** Even when you're on vacation or away from the home, this simple wall-mounted SS5C timer by Intermatic will continue to turn interior lights on and off. When the house is viewed from the outside it looks as if it is occupied. The timer can be preset to come on four times a day at regular intervals or randomly. Comes with digital clock and readout. About $34.



▼ **AUTOMATIC LIGHTS** come on at dusk and turn off at dawn, thanks to photoelectric sensors. Automatic controls for lamps and wall switches cost about $20. This Honeywell night light is about $6.50.



▲ **PLUG-IN REMOTE CONTROL SYSTEMS** let you turn on lamps and appliances throughout the house from one location. That means you can stay under the covers and switch on the lights when things go bump in the night. In the morning, start the coffee from bed before your final snooze. The X-10 Powerhouse Minicontroller with two modules is about $40. Radio Shack, Sears, and Stanley offer similar systems.



◀ **MOTION-ACTIVATED CONTROLS** turn lights on when you enter a room and off after you leave. They make sense in hands-full areas such as entryways and laundry rooms. Most use passive infrared sensors that detect heat in motion. Lamp models simply plug in; their sensors sit on a tabletop. Wall switches eliminate the clutter but require do-it-yourself wiring. To keep pets from tripping the switch, pick a unit with adjustable sensitivity and range of focus. Honeywell's wall switch costs about $48. BH&G

With A Pool Like This In The Front And The Rockies In The Back, Who Needs The Ocean?



There's only one thing wrong with the idea of going to the ocean to cool off. Sometimes it can seem like everyone else has had the same idea. Besides, how cool can it be if you feel like a firewalker every time you set foot on the beach? That's why a trip to the Colorado Rockies can be so refreshing. The scenery rivals any ocean. Obviously, the resorts are just as luxurious. And the people are just as friendly, if not as numerous, as you'll find on any beach. So send for your free copy of the Colorado Vacation Guide. Or call and ask for extension 274.

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GRAND LITTLE DECK ADDITION



PHOTOGRAPH TIM FLECK DESIGN DAVE HAWK MATARAZZO DESIGN INC

BY MICHAEL WALSH

Emerging from under a maple tree canopy, the multipurpose, multilevel deck looks less like a recent addition than a natural extension of the original house.

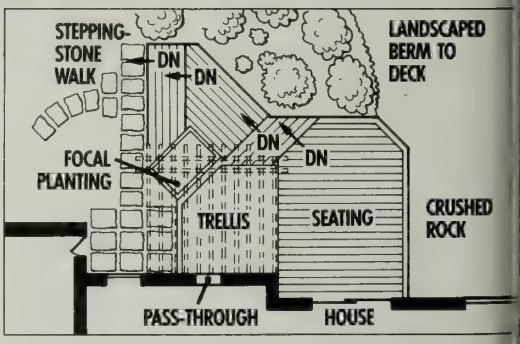
The floor plan (*below*) discloses the deck's distinct seating and eating areas and stepped wooden path to ground level.

To order a plan for the Grand Little Deck Addition, send check or money order for $9.95 to Better Homes and Gardens® Reader Service, Box 374, Dept. 24N, Des Moines, IA 50336. Specify Plan No. 50876.

More than a plain-potatoes platform protruding from the back of the house, this build-it-yourself deck is a delightful hybrid: part porch, part pavilion, and part garden-gazing gazebo. What's more, its high-performance design and expansive personality come in pint-size proportions—a mere 400 square feet.

The features that set this deck apart from its more conventional forerunners include:

- Multiple levels that define distinct zones devoted to specific functions.
- An irregular shape that provides visual variety and subtly insinuates the deck into the backyard.
- Porchlike railings that embrace the dining and lounge areas, enclosing outdoor spaces without closing them in or cutting off the views.
- A beamed "ceiling" over the eating area. Attached to the house and resting on an arched crossbeam supported by two vertical posts, the rafters impart the feeling of a sun-dappled, indoor dining room to an outdoor space.
- Bermed earth beds for flowers and ornamental shrubs that help the deck blend seamlessly into the backyard.



- A wide, multilevel wooden path that descend gently from the elevated deck to ground level.
- Conventional deck-building material treated i an unconventional manner. The designer shape the weather- and insect-resistant pressure-treate wood with a power router, giving a hand-carve look to fluted columns, knob-topped newels, a arched crossbeam, and contoured rafters. Thes well-crafted details lend classic architectura character to the house and deck.

—Michael Walsh is a design writer and presider of the Chicago branch of a national designer an architect referral service.

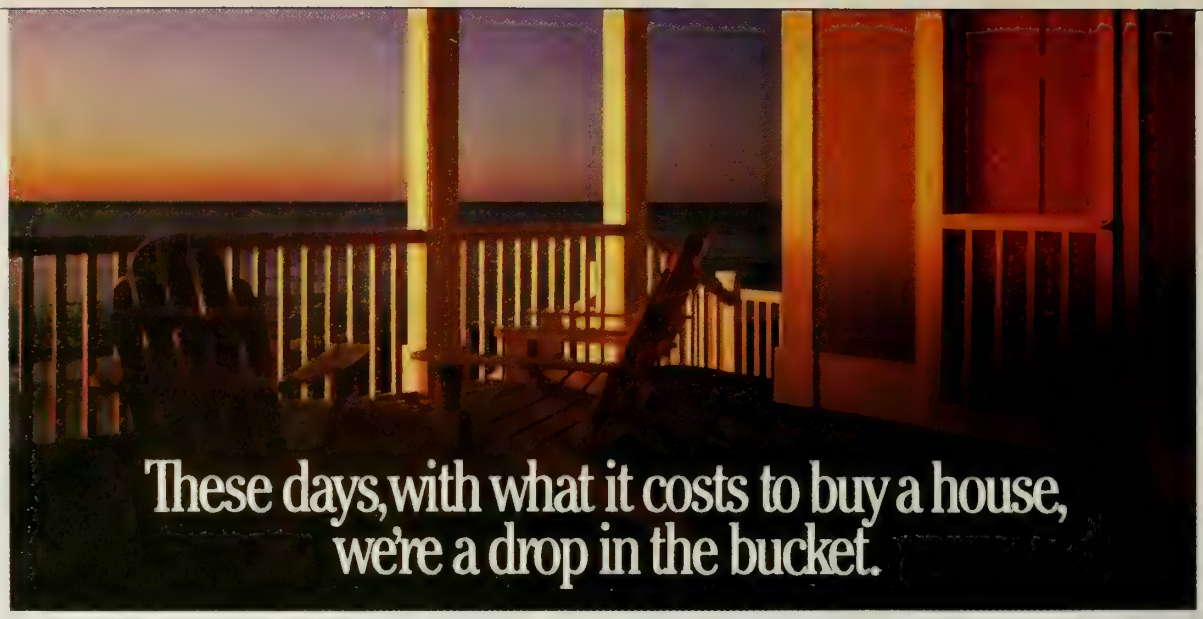
One of the world's favorite vacation places is Hawaii. [D]o people come for our crystal-clear waters? Our [f]iendly people? Our romantic sunsets? Is it for the [d]azzling rainbows? The exotic flowers? The moonlit [b]eaches? The tropical climate?

Or do they come just for the mouth-watering taste of [f]esh Hawaiian pineapple?

"Hala-kahiki" means "[p]neapple" in Hawaiian. So it [a]lso means "juicy, fresh, natural, [d]elicious, nutritious, famous, plentiful, refreshing, sweet, fun to eat." When you say "hala-kahiki," you're saying quite a mouthful. There's a Hawaiian fresh hala-kahiki waiting for you in your store's fresh fruit section. Come and get it. Mahalo. (That means "thank you.")

[P]ineapple Growers Association of Hawaii





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BUILDING

PARTICLEBOARD PLOYS

INFORMATION FOR DO-IT-YOURSELFERS

Attention, do-it-yourselfers. Our little crash course on particleboard may give you some ideas for using this economical product for indoor home projects that you never thought about.

WHAT IT IS

Particleboard is one of several products known as sheet or composition goods. It's made up of over 90 percent wood particles of various sizes that are bonded together with a synthetic resin or binder under heat and pressure. Common thicknesses are ⅜ inch, ½ inch, ⅝ inch, and ¾ inch. Common panel sizes are 2×4, 4×4, and 4×8.

According to the National Particleboard Association (NPA), this product's inherent qualities include flatness, smoothness, lack of knots, high-impact strength, and ease of laminating.

WHAT IT'S BEST FOR

- **Countertops.** Particleboard is the major core material for laminate kitchen countertops.
- **Kitchen cabinets.** You can use particleboard for such cabinet parts as shelves, sides, backs, and front panels.
- **Floor underlayment.** When combined with a subfloor, particleboard floor underlayment provides a strong, stiff floor for carpeting, resilient tile, or seamless floor coverings.
- **Stair treads.** Particleboard has gained acceptance among builders for interior stair treads when used in conformance with manufacturers' directions or building code requirements. Stair treads should be a minimum 1 1/16 inches thick and a maximum of 12 inches wide, with one bullnose edge. You should also cover the treads with carpeting or resilient flooring.
- **Shelving.** The NPA provides free information on recommended spans and support systems you should use with various thicknesses and types of particleboard to carry uniform loads on cabinet, closet, and bookcase shelving.

The National Particleboard Association has several publications (most of them free) available for users of their product. For a list, write the NPA at 18928 Premiere Ct., Dept. BH, Gaithersburg, MD 20879.

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AN OUTCAST GETS TOP BILLING



PHOTOGRAPH: CRAIG BUCHANAN, DESIGN: JEFFREY GROTE

With a little work, this cast-off printer's table shines as a kitchen focal point.

Plan your remodeling project around an offbeat piece from the salvage yard to give your room one-of-a-kind character.

SHOPPING FOR THE UNUSUAL

The marble-topped cabinet lived its first life as a printer's table. Although an unlikely candidate for a leading design role, the cast-off piece now stars in a 1920s Hansel-and-Gretel house in the San Francisco area.

The homeowner, a landscape architect, found the piece in a salvage warehouse. "There are a million ways to design a kitchen," says Jeffrey Grote. "I was looking for an inspiration."

BURIED TREASURE

The ink-stained marble was hardly inspiring, but Grote recognized a diamond in the rough. He had the countertop slab ground and polished at a local marble company. A woodworker adde heavy bullnose molding around th marble; now the surface is just right f rolling pasta and pizza dough.



Upper cabinets were built to match the style of the old printer's table.

Type drawers made way for oversiz oak drawers with old-style doveta joints and recessed tracks. Pull slots i place of hardware maintain the table simple, sturdy look.

Matching cabinets feature arche framing that echoes doorways throug out the house. Clear acrylic fronts giv the cupboards visual depth.

CREAMY BANANA PUDDING

Makes 8 to 10 servings

- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1½ cups cold water**
- **1 (4-serving size) package *instant* vanilla flavor pudding mix**
- **2 cups (1 pint) Borden® Whipping Cream, whipped**
- **36 vanilla wafers**
- **3 medium bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate**

In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spoon *1 cup* pudding mixture into 2½-quart glass serving bowl. Top with one-third *each* of the wafers, bananas and pudding. Repeat layering twice, ending with pudding. Chill. Garnish as desired. Refrigerate leftovers.





STRAWBERRY CHEESE PIE

Makes one 9-inch pie

- **1 (9-inch) baked pastry shell or graham cracker crumb crust**
- **1 (8-ounce) package cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **⅓ cup ReaLemon® Lemon Juice from Concentrate**
- **1 teaspoon vanilla extract**
- **1 quart fresh strawberries, cleaned and hulled**
- **1 (16-ounce) package prepared strawberry glaze, chilled**

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared pastry shell. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.





APPLE SPICE CUSTARD CAKE

Makes one 13 x 9-inch cake

- **1 (18¼-ounce) package spice cake mix**
- **2 medium all-purpose apples, pared, cored and finely chopped**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 (8-ounce) container Borden® Sour Cream, at room temperature**
- **¼ cup ReaLemon® Lemon Juice from Concentrate**
- **Ground cinnamon**

Preheat oven to 350°. Prepare cake mix as package directs; stir in apples. Pour into well-greased and floured 13 x 9-inch baking pan. Bake 30 minutes or until wooden pick inserted near center comes out clean. Meanwhile, in medium bowl, combine sweetened condensed milk, sour cream and ReaLemon® brand. Remove cake from oven; spread cream mixture over top. Return to oven; bake 10 minutes longer or until set. Sprinkle with cinnamon. Cool. Garnish as desired. Refrigerate leftovers.







STRAWBERRY BANANA DESSERT

Makes 10 to 12 servin

- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 cup cold water**
- **1 (4-serving size) package *instant* vanilla flavor pudding mix**
- **2 cups (1 pint) Borden® Whipping Cream, stiffly whipped**
- **1 pint fresh strawberries, cleaned, hulled and sliced**
- **2 bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate**
- **1 (10¾- or 12-ounce) prepared loaf pound cake, cut in 12 slices**
- **Additional strawberries and banana slices**

In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream then strawberries and bananas. Line side and bottom of 3½-quart glass serving bowl with cake slices. Spoon pudding mixture into prepared bowl. Cover; chill. Garnish with additional strawberries and banana slices. Refrigerate leftovers.



BANANA CREAM PIE

Makes one 9-inch pi

- **1 (9-inch) baked pastry shell**
- **3 tablespoons cornstarch**
- **1⅔ cups water**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **3 egg yolks, beaten**
- **2 tablespoons margarine or butter**
- **1 teaspoon vanilla extract**
- **3 medium bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate and drained**
- **Whipped cream**

In heavy saucepan, dissolve cornstarch in water; stir in sweetened condensed milk and egg yolks. Cook and stir until thickened and bubbly. Remove from heat; add margarine and vanilla. Cool slightly. Arrange *2 bananas* on bottom of prepared pastry shell. Pour filling over banana cover. Chill 4 hours or until set. Spread top with whipped cream; garnish with remaining banana slices. Refrigerate leftovers.



FRESH FRUIT ICE CREAM

Makes about 1½ quart

- **3 cups (1½ pints) Borden® Half-and-Half**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 cup pureed or mashed fresh fruit (peaches, strawberries, bananas, raspberries, etc.)**
- **1 tablespoon vanilla extract**
- **Food coloring, optional**

In ice cream freezer container, combine all ingredients; mix well. Freeze according to manufacturer's instruction. Freeze leftovers.

Refrigerator Freezer Method: Omit half-and-half. In large bowl, combine sweetened condensed milk and vanilla; stir in pureed fruit and food coloring if desired. Fold in 2 cups (1 pint) Borden® Whipping Cream, whipped *(do not use non-dairy whipped topping).* Pour into 9x5-inch loaf pan or other 2-quart container; cover. Freeze 6 hours or until firm. Freeze leftovers.

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CREAMY BANANA PUDDING

Makes 8 to 10 servings

- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1½ cups cold water
- 1 (4-serving size) package *instant* vanilla flavor pudding mix
- 2 cups (1 pint) Borden® Whipping Cream, whipped
- 36 vanilla wafers
- 3 medium bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate

In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spoon *1 cup* pudding mixture into 2½-quart glass serving bowl. Top with one-third *each* of the wafers, bananas and pudding. Repeat layering twice, ending with pudding. Chill. Garnish as desired. Refrigerate leftovers.





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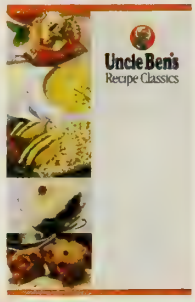
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FINANCIAL PLANNING

5 STEPS TO FINDING THE RIGHT ADVISER FOR YOUR FAMILY

BY ERIC N. BERG

Almost anyone can hang out shingle as a "financial planner" these ys. In fact, business has been boom- g. But so has financial-planner fraud. Many victims have been big-bucks vestors, but the implications could be ninous for any family that wants pro- ssional advice about money decisions. ow do you plan wisely for such long- rm goals as college and retirement? otect your family against financial saster? Shelter your income from tax- ? Manage your fringe benefits?

In short, how do you find the right dviser for your family, without getting lked? Here's a step-by-step guide.

EP 1: PLAN FIRST

Many planners charge by the hour, it helps to get a handle on your objec- ves before you begin talking to the pert. Think through your goals and scuss them with your mate, whether ur concerns are as specific as build- g college or retirement funds, or as neral as getting a better handle on nances. Also talk over how much risk ch of you feels comfortable taking.

It helps to have an overview of your esent finances. Go over your tax re- rn and budget. Jot down approxi- ate assets. Brainstorm the future— ans to leave work or have a child, for ample. Financial planners will help u clarify such questions, but you'll ve time and money with some ad- nce planning.

EP 2: GET INVOLVED

Be prepared to be an active partici- nt in the planning process. It's a big istake to assume that a planner will mply map out your entire financial life without your input. At a minimum, that attitude could result in a bad plan—one that is too risky for your taste, or one that meets the wrong objectives. You could also be vulnerable to an unscrupulous planner, who will exploit your passiveness by directing you to investments charging the biggest commissions.

STEP 3: DECIDE WHAT TYPE OF PLANNER

Fee-only planners charge on an hourly or fixed-fee basis. The prime advantage: They don't suffer from many of the conflicts of interest that commissioned planners may encounter. The downside: You may end up paying more, because you pay the planner's fee even if you don't use his or her advice.

Commission planners get paid only if you follow their plan, so they typically cost less than fee planners. But critics charge that some commission planners put their own interest before clients', steering customers to high-commission, inappropriate investments. A good reputation and satisfied customers really count.

continued on page 157

-Business reporter and C.P.A. Eric erg writes about today's complex world money from Chicago.



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ntinued from page 155

Combination planners work for a nimum fee plus commissions. That uld be a good middle ground, with tentially less biased advice than with mmission planners, at an affordable ice. The drawback: combination anners are hard to find.

EP 4: CHECK QUALIFICATIONS

Finding a planner is no problem. nding a good one for your purposes is e challenge. Credentials may count, t word of mouth is important, too.

You can start by getting several mes through your banker, broker, or P.A. Or, call The Institute of Certified nancial Planners in Denver, toll-free 0/282-PLAN), for a list of planners your area. The National Association Personal Financial Advisors APFA) will send the names of fee-ly planners near you (800/366-2732). r a list of questions to ask planners, ite NAPFA: 1130 Lake Cook Rd., e. 105, Buffalo Grove, IL 60089.

In general, you'll want someone with broad background, a person who has basic knowledge of retirement plan-ng, taxes, insurance, banking prod-ts, and stocks and bonds. Often, that eans someone who has received one three professional designations (see lebar, *right*).

EP 5: INVESTIGATE

The key protection against an un-rupulous financial planner is to in-stigate before signing up for the anner's services.

Steven A. Ludsin, a New York in-stment adviser, suggests asking for a py of the planner's Form ADV—the cument many planners file if they gister with the Securities and Ex-ange Commission. The filing is no arantee of competence, but you'll d lots of important information, m facts about the planner's educa-nal and employment experience, to ether enforcement actions have en brought against the planner.

Allen B. Gluck, president of Seidman nancial Services, recommends asking r sample plans and three references.

The Institute of Certified Financial anners in Denver keeps track of dis-linary proceedings against mem-rs. State securities commissioners ep records on planners who commit fraud. The North American Securities Administrators Association (NASAA) will give you the number of your state's commission (800/942-9022).

STEP 6: PLAY IT SMART

Even if you feel comfortable with the planner, take some extra precautions. For example, Scott Stapf, NASAA's director of investor education, favors asking for three options for every recommendation in a plan. That way, you'll be less likely to be steered to high-commission, inappropriate investments. Ludsin suggests limiting the time you'll work with any planner—and letting the planner know it. "Setting a deadline of, say, one year forces the planner to perform," he says.

Many experts advise you not to give your planner your power of attorney (you don't want someone trading for you without your knowing it). Also, when possible, execute transactions yourself. That way, you can be sure your money is going where intended.

Finally, steer clear of planners who tout high returns at low risk. The truth is, no one has been able to defy the basic rule of investing that higher returns are always accompanied by higher risk. If a planner says he or she can obtain double-digit, after-tax yields at minimal risk, chances are you're not hearing the whole story. Worse still, the planner could be a flaky operator.

WHAT DO THE CREDENTIALS MEAN?

- A **C.F.P.** is a Certified Financial Planner who has completed a six-part course at one of 35 colleges, and who must follow a code of ethics and complete 50 hours of continuing education every two years.
- A **ChFC** (Chartered Financial Consultant) has passed 10 exams either by home study or by attending a class sponsored by The American College, in Bryn Mawr. Both C.F.P.s and ChFCs must have three years' experience—a good rule of thumb generally.
- **CLUs** are Chartered Life Underwriters. They take courses similar to those passed by ChFCs, but focus on retirement and estate planning.





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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

UTTERING SHED

ages 112–114: Redwood rustic siding, fence and deck—California Redwood Association, 405 Enfrente Drive, Suite 200, Novato, CA 94949. **Paint**—Benjamin Moore Company, 51 Chestnut Ridge Road, Montvale, NJ 07645.

MMERTIME ND THE GRILLING IS EASY

age 123: Grill, "Smokey Joe"—Weber-Stephen Products Co., 200 E. Daniels Rd., Palatine, IL 60067.

age 124: Plate—Paul Steinberg for Barneys, 7th Avenue and 7th Street, New York, NY 10011.

age 125: Blue and red rimmed plate—Barneys, 7th Avenue and 7th Street, New York, NY 10011.

age 128: Black and white plate, "Café Arata"—Signature Housewares, Incorporated, available at The Crate and Barrel, P.O. Box 3057, 725 Landwehr Road, Northbrook, IL 60065-3057. **Glass,** "Park Avenue"—Anchor Hocking Glass Corporation, Box 600, Lancaster, OH 43130. **Fork and knife,** "Feeling Sky"—Regent Sheffield, P.O. Box 219, Farmingdale, NY 11735.

age 129: Plate, "Prego-Granito" Corning, 5500 E. Olympic Blvd., Los Angeles, CA 90022. **Knife and fork,** "Villa Pecan"—Taitu, P.O. Box 1090, Dallas, TX 75258.

age 130: Glass—Wolfman Gold & Good Company, 116 Green Street, New York, NY 10012. **Plate**—Barneys, 7th Avenue and 7th Street, New York, NY 10011.

age 131: Plate, "Calypso"—Function Junction, 237 W. 47th Street, Kansas City, MO 64112. **Knife and fork,** "Country Color"—Oneida Limited, Oneida, NY 13421.

age 132: Goblet—The Crate and Barrel, P.O. Box 3057, 725 Landwehr Road, Northbrook, IL 60065.

PRIZE TESTED RECIPES®

Page 147 (*left*): Beige platter, "Raffia"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367. **(*Right*): Stemmed glass**—Wolfman Gold & Good Company, 116 Green Street, New York, NY 10012.

Page 148 (*left*): Platter—Museum of Modern Art, 11 West 53rd Street, New York, NY 10019. **(*Right*): Plate**—The Pottery Barn, Mail Order Department, P.O. Box 7044, San Francisco, CA 94120-7044.

DIRECTORY
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TINY URBAN OASIS

Pages 50–59: Landscape architect—Gary Orr, The Orr Design Group, 2419 J Street, Sacramento, CA 95816.

SERENE HIDEAWAY

Pages 71–74: Garden designer—Lynn Bitting, Design by the Yard, 36 Godwin Lane, St. Louis, MO 63124.

NARROW ESCAPE

Pages 81–86: Designer—Julie Moir Meservy, Meservy Assoc., 48 Peter Parley Rd., Jamaica Plain, MA 12130.

WINNING AN UPHILL BATTLE

Pages 91–96: Landscape architects—Steve Adams, P.O. Box 242, Encinitas, CA 92024. Rick Fox, 4128 The Hill Road, Bonita, CA 92002.

PUTTERING SHED

Pages 112–114: Builder—Jerry Purscell Construction, 2231 SE. 82nd Street, Runnells, IA 50237. **Design**—Dave Ashe, The Workshop Blueprint Company, P.O. Box 65725, West Des Moines, IA 50265. BH&G



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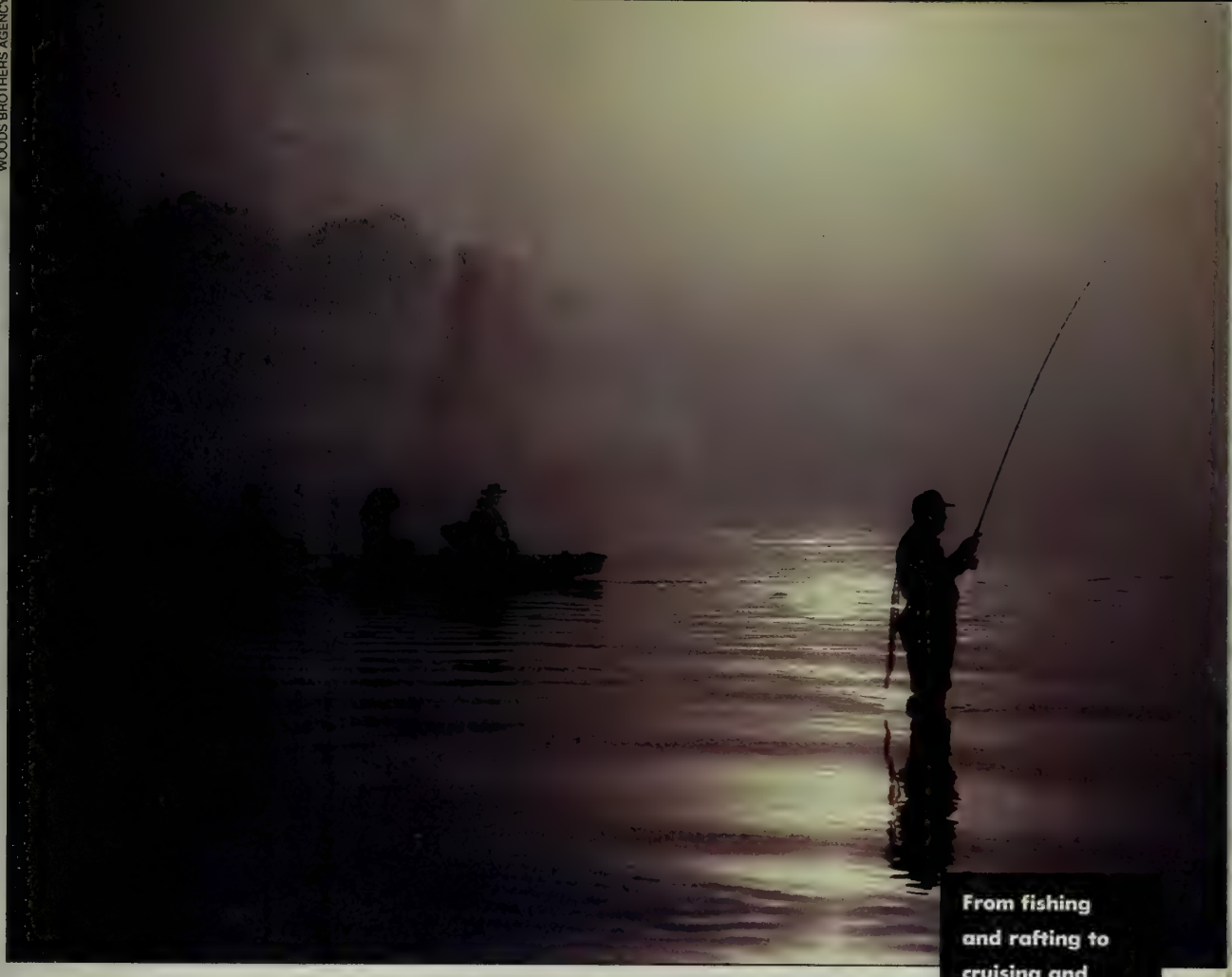
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BY GEORGE S. BUSH



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"Lonely as God and white as a winter's moon." That's how a frontier poet described Mount Shasta in the 1880s, and nobody yet has improved on his description. From this icy island in the northern California sky, the Sacramento River springs to feed two superb houseboating domains—Lake Shasta, near the mountain's base, and the Sacramento Delta, between the valley cities of Sacramento and Stockton.

Both Lake Shasta and the Delta abound with sheltered waters that offer numerous rental outlets. With an hour of instruction, even novices are set for one of the most relaxing vacations imaginable. Equipped with all the comforts of home, from kitchen to bath, these floating cottages allow you to set up housekeeping in secluded coves, picnic on empty beaches, anchor at good fishing spots, barbecue on the canopied stern, and take a dip wherever you like.

As you cruise the many winding arms of Lake Shasta, the white summit of Mount Shasta stands as a sentinel. The 365-mile shoreline is a popular vacation playground, with waterskiers skimming the smooth-as-glass blue bays. You can catch your supper right off the deck, but towing a skiff allows you to leave your houseboat tied up while you go off fishing. There are 20 species of game fish, from perch and bluegill to trout and salmon. Largemouth bass weighing 3 pounds or more are not uncommon, and salmon often run to 8 pounds.

Houseboats don't come cheap, but they are roomy enough to share comfortably with family or friends. In summer, they range from about $1,200 a week for a six-sleeper to $1,900 for a 10-sleeper. Off-season rates average about a third less. Houseboats are fully furnished, and the only extra you pay for, apart from gas, is the optional fishing boat (about $40 a day with motor). Refuel on groceries and gas at marinas around the lake. For information: ***Shasta-Cascade Wonderland Assoc., 1250 Parkview Ave., Dept. BHG, Redding, CA 96001; 916/243-2643.***

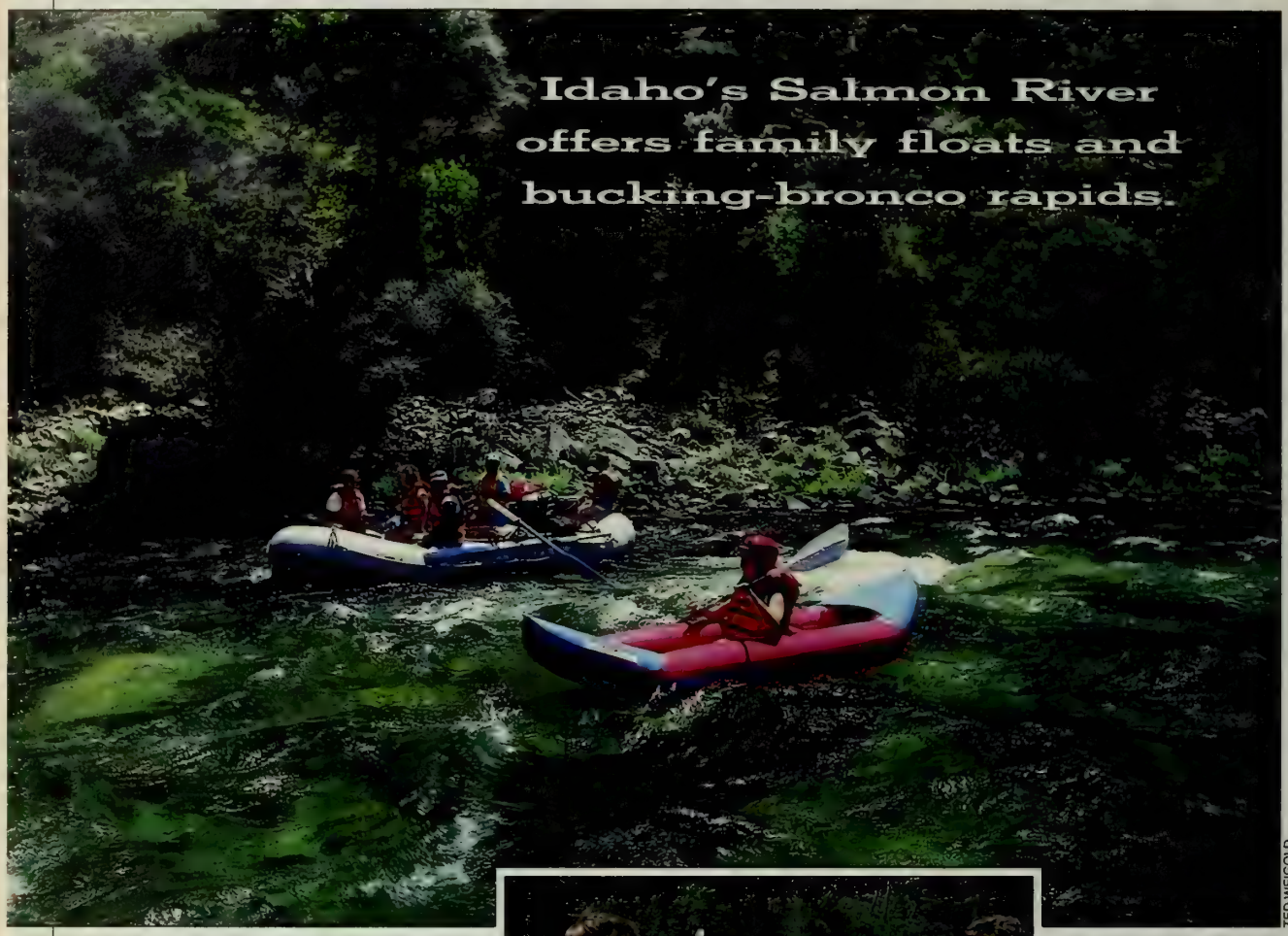
Delta Delights. The San Joaquin and Mokelumne rivers join with the Sacramento east of San Francisco to form a 1,000-mile maze of intertwining waterways reminiscent of lush southern bayous. Even the marine life has a Louisiana touch; tasty crawdads are an easy catch.

As on Lake Shasta, you'll find secluded, tranquil coves, but there's social life, too. Sprinkled throughout the Delta are hundreds of marinas, restaurants, and bistros.

Six-sleeper houseboats run about $445 for a summer weekend, $495 for a four-night midweek, and $785 for a week; 10-sleepers cost around $665, $725, and $1,150, respectively. ***Delta Houseboat Rental Assoc., 6333 Pacific Ave., No. 152, Dept. BHG, Stockton, CA 95207; 209/477-1840.***

continued on page 164


MENTHOL
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REFRESH
FOR LESS
Suggested retail price
mg "tar" 1.0 mg nicotine
per cigarette by FTC method.
SURGEON GENERAL'S WARNING: Smoking
By Pregnant Women May Result in Fetal
Injury, Premature Birth, And Low Birth Weight.



TED WEIGOLD

RAFTING THE RIVER OF NO RETURN



GEORGE S. BUSH

Ever since the early 1800s, when Lewis and Clark first explored the Northwest, Idaho's Salmon has been known as the River of No Return. There is no way to travel upstream on the river to its source. Riddled with rapids that would swamp boats trying to fight against the current, the Salmon and its major tributary, the Middle Fork, roar through a labyrinth of canyons whose sheer walls make it equally impossible to travel up the river on its banks. No roads, not even trails, penetrate far into this primeval realm—the River of No Return Wilderness, whose 2.2 million acres encompass the largest remaining primitive area in the U.S. this side of Alaska.

You can experience this wondrous domain, where the mountain lion still reigns as king, only by joining a raft trip led by licensed river guides. These pros have navigated the Salmon countless times. The big rafts—about five per convoy and each carrying up to six passengers—slide through the canyons so silently that the river's rumble drowns human voices, and the wild denizens of the preserve hardly pay attention.

On the 106 miles of the Middle Fork, which take six days (with five overnights in camps) to float, you'll see bighorn sheep cavorting on the banks, sleek otters playing in eddies, black bears browsing berry bushes, and mule deer munching meadow grasses. By the time they scamper off, you'll have had a chance to get pictures. Meanwhile, golden eagles and ospreys soar overhead in search of prey. If you have sharp eyes, you may even spot mountain goats prancing high in the canyon walls.

White-water thrills. That unique wilderness experience constitutes only part of the Salmon River adventure. The other is an exciting roller-coaster ride through the Middle Fork's 80 major rapids. Their approaching thunder echoes from the canyon's battlements and sets your heart to pounding. By then, your guide has positioned the raft to swoop the white water without mishap. A boulder close enough to touch looms on your left, while on your right there gapes a trough so deep it could swallow a truck. You scream, half in fright and half in joy, as invigorating waves crest over the raft, drumming

continued on page 166


He turned his
new school clothes
nto play clothes.
You turned
them back.
Can your detergent
get out tough grass and
ground-in dirt?
Tide can.
Tide
TIDE'S IN...DIRT'S OUT
f it's got to be clean,
it's got to be Tide.
© The Procter & Gamble Company

you with torrential tides. Wave tumbles after wave; sometimes the world seems all water. After an eternity, only a few seconds really, the river flattens once again, and your guide promises with a grin that the next set of rapids will be wetter yet. It's as close as you'll ever get to feeling the gut-clutch of mortal danger without incurring much actual risk. Not surprisingly, youngsters love it.

Family floats. Dave Mills, an outfitter on the Middle Fork for 13 years, has had 6-year-olds on his week-long floats out of Stanley, in central Idaho, a three-hour drive from Boise. He recommends that families with young children go in July and August, when the water is warmest, so they can swim while supper is being prepared and the tents are set up at the camp sites. The cost is $1,067 per person, including camping gear and excellent big meals; children under 16 receive a 10 percent discount. Guests may switch between rafts oared by guides, rafts they paddle themselves under the direction of a guide, and almost untippable, self-bailing, inflatable kayaks. ***Rocky Mountain River Tours, Box 2552, Dept. BHG, Boise, ID 83701; 208/344-6668; in summer, 208/756-4808.***

On the much tamer, less exciting Main Salmon, with 38 rapids, each adult can take one child, aged 7 to 16, free on six-day trips starting July 6 and August 7 out of nearby Salmon, Idaho. Adults pay $725, including meals, camping, and transportation back to Boise. ***Outdoor Adventures, Box 1149, Dept. BHG, Pt. Reyes, CA 94956; 415/663-8300.***

Rafting novices may want to test their mettle on a one-day float before venturing on lustier trips. Try The River Company on the headwaters of the main Salmon out of Stanley. Prices for half-day to full-day trips range from $30 to $70. Reservations: ***208/726-8890.***

General information: ***Idaho Travel Council, 700 W. State St., Dept. BHG, Boise, ID 83720; 800/635-7820.***

Limestone cliffs and lush forests enchant canoeists on the scenic Buffalo River.



CANOEING IN THE OZARKS

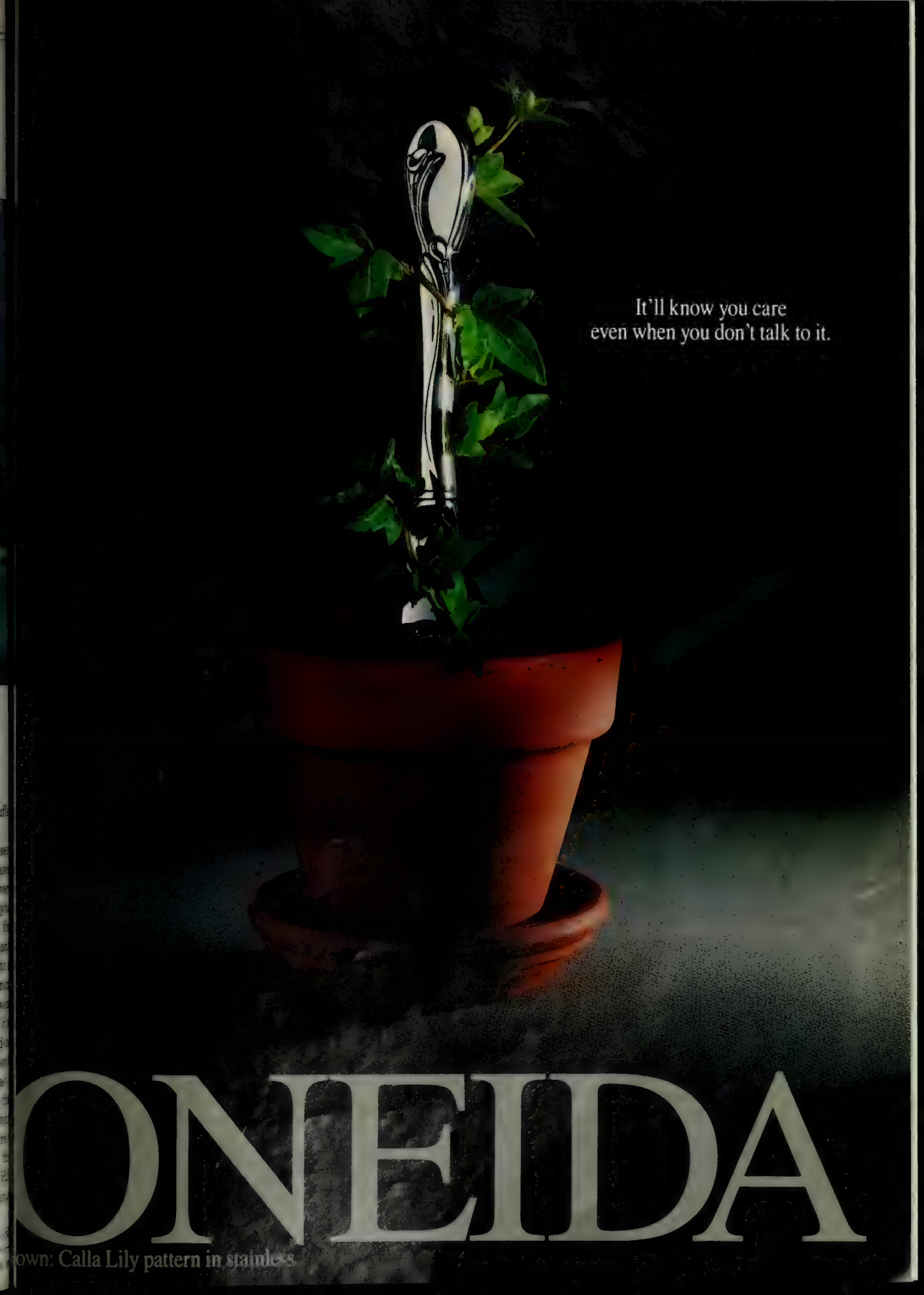
You don't have to be an expert paddler to float mid-America's most beautiful canoeing stream, the Buffalo National River of northern Arkansas, about a three-hour drive north of Little Rock. Wrapped in fairyland forests and framed by great limestone cliffs, the river ripples through 130 miles of unspoiled Ozark splendor, kicking up just enough riffles here and there to add zing to the trip. But not to worry. If you do tip over, you won't be swept away. Much of the Buffalo is so shallow in summer, you can wade it.

Miracle miles. In fact, the river's most enchanting stretch—the first 24 miles—is generally deep enough for canoeing only from about March through June and after especially heavy summer downpours. It's here, between a put-in near Ponca (off Highway 43) and a woodsy place called Pruitt Landing, that the river often wiggles through tight bends right under the bluffs, which tower as high as 525 feet.

You could easily canoe this curvy section in about four hours, but it's more fun to take a day or two, camping overnight at any spot on the riverbank you fancy. That way you'll have time for picnicking, sunning, and splashing, and for a short hike (less than a mile) to a 225-foot waterfall that cascades from ledge to ledge in a hidden box canyon. The fall is perfect for a shower on a hot day. Ask for directions to Hemmed-in-Hollow before you start so you don't miss the trailhead as you paddle past.

Later in the season, you canoe the lazy waters of the lower river, putting in at Woolum, off US-65. A leisurely day trip brings you to a landing at the U.S. Park Service station at Silver Hill (16.5 miles). On a two-day trip, continue another 16 miles to Maumee.

continued on page 168


It'll know you care
even when you don't talk to it.
ONEIDA
own: Calla Lily pattern in stainless

Paddling the Buffalo all the way to its confluence with the White River in north central Arkansas takes most canoeists about a week from Ponca, five to six days from Woolum.

Canoe rentals. Landings all along the river are spaced about four to 20 miles apart. Just tell your canoe outfitter where and when you plan to end your float, and you'll be picked up.

The Buffalo Outdoor Center, the oldest and biggest outfitter in these parts, rents canoes at Ponca until early July and at Silver Hill from spring into fall. The rate is $20 per canoe; $25 on Saturdays. Transportation to and from put-ins and take-outs averages $15 per trip. Similar haulage charges apply if you bring your own canoe. The Center also rents housekeeping cabins at both points. ***Box 1, Dept. BHG, Ponca, AR 72670; 501/861-5514 or 501/439-2244.***

When you're ready to rest your paddle, you'll find lots to keep you occupied, including the down-home theme park Dogpatch, USA, the Ozarks vacation mecca of Eureka Springs, and the Ozark Folk Center State Park at Mountain View. You can find motels in all price ranges in Harrison, on US-62. ***Arkansas Dept. of Parks and Tourism, One Capitol Mall, Dept. BHG, Little Rock, AR 72201; 501/682-7777 or 800/NATURAL.***



DELTA QUEEN STEAMBOAT CO.

Rolling On The Mightiest River

There's no finer way to feel the Mississippi River's immensity, its timeless power, than to cruise it aboard a paddle wheeler.

Queens of inland waters. Two big paddle wheelers, operated by a company that celebrates its 100th anniversary this year, ply the Mississippi River between New Orleans and St. Paul. Cruises on different sections of the river range from three to 12 nights.

The 64-year-old, 176-passenger *Delta Queen* is the older of the pair, a vessel of opulent Victorian decor and graceful, old-fashioned intimacy. It is the last of the authentic river steamers and, as such, a floating National Historic Landmark. *Delta Queen*'s staterooms can accommodate only two people, just right for adult getaways.

Cruise the Mississippi River Mark Twain-style on an authentic paddle wheeler.

For a family trip, consider the much larger and more modern *Mississippi Queen,* where each adult couple may bring a child under 17 for free to share the cabin. Apart from being a bargain, the *Mississippi Queen* is more fun for families. Carrying 420 passengers, it offers the amenities expected on today's cruise ships—floor shows with lots of Dixieland and ragtime, a pool, and a gym—but, in keeping with its proud heritage, it is pushed by an immense red paddle wheel. The *Mississippi Queen* also boasts the largest and loudest calliope in the world, perched on the stern beneath the traditional riverboat stack.

Both steamboats possess public decks, and many cabins aboard the *Mississippi Queen* come with private verandas.

The *Queens* journey leisurely at about eight miles per hour, and you spend most days moored at interesting places. The crew lowers the gawky-looking gangway, an ingenious contraption that protrudes like a shovel from the prow, against the riverbank, so you can trundle off to see the sights. Blasts of the boat's whistle remind you when it's time to return.

continued on page 170

They taste terrific together 'cause we roast them apart.

Who'd go to the trouble of roasting each nut type separately instead of in one big batch?

You got it. Fisher.® We just won't let our flavors run together. Instead, Fisher roasts each type at just the right temperature for just the right time. The result... just the right taste. And as you'd expect, Fisher Nuts have no cholesterol and no preservatives.

Fisher Mixed Nuts. They taste terrific together 'cause we roast them apart.



FISHER NUTS
For Goodness Sake.

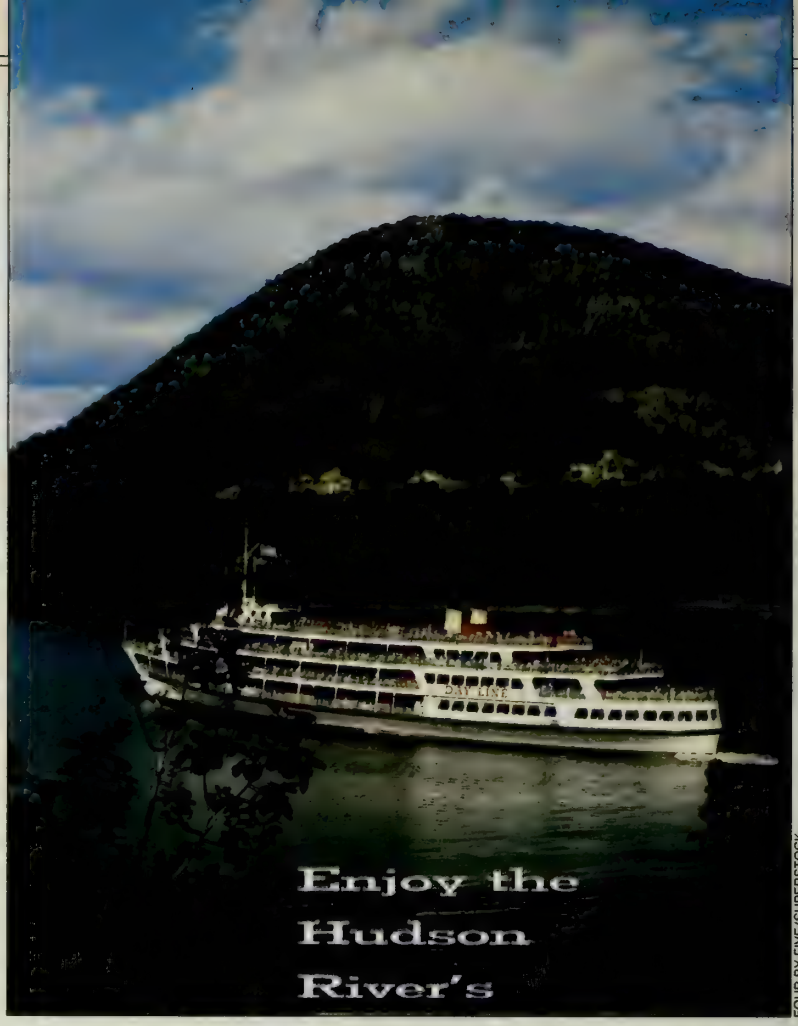
©1990 P&G

On the seven-night voyage between New Orleans and Memphis, stops include an old Louisiana plantation and the antebellum Mississippi towns of Natchez and Vicksburg. In foliage season, the *Mississippi Queen* sails the scenic stretch between St. Louis and St. Paul, stopping in Hannibal, Missouri, Mark Twain's boyhood home; Prairie du Chien, Wisconsin, site of a French fur trading post; and Wabasha, Minnesota, one of that state's many picturesque, little river towns.

Most *Mississippi Queen* cabins on seven-night cruises cost $995 to $2,765 a person; additional persons in the room, $75 per night. *Delta Queen* cabins range from $995 to $2,520 on seven-night trips. Round-trip cruises out of New Orleans start at $445 per person for three nights, $590 for four.

Delta Queen Steamboat Co., 30 Robin St. Wharf, Dept. BHG, New Orleans, LA 70130-1890; 800/543-1949 or 504/586-0631.

Day cruises. New Orleans, Memphis, and St. Louis, as well as Dubuque, Iowa, and Prairie du Chien, offer day cruises on smaller paddle wheelers.



FOUR BY FIVE/SUPERSTOCK

Enjoy the Hudson River's scenic delights by cruise boat or a driving tour of the valley.

Exploring The Historical Hudson

When Dutch explorer Henry Hudson sailed in 1609 up the New York river that now bears his name, he found the valley as "rich and pleasant" a land as he had seen. Visitors have agreed ever since. Traders forged busy outposts along the river's banks. Nineteenth-century writers and painters sought to capture the area's grandeur and mystique, and America's robber barons erected huge mansions. Modern commuters flock to the towns and backhill roads along the Hudson.

The valley is ideal for a leisurely driving vacation of four or five days, north from New York City along the east bank and down the western shore.

Homes to tour. Historical homes and grand mansions capture the romance along the route. At Tarrytown, 35 miles north of New York City, Washington Irving's home, Sunnyside, sits in the heart of Sleepy Hollow. Today, children watch puppet shows in the Sunnyside Theater. Philipsburg Manor in North Tarrytown is all that remains of a major Dutch trading post built in the early 1700s. You can try grinding corn on the old gristmill, once the center of river life.

Two baronial estates dominate the bluffs at Hyde Park, 16 miles north. The beaux arts Vanderbilt Mansion is less a home than a tribute to the Gilded Age, when the rich strove to live like royalty. Although immense, President Roosevelt's mansion is more intimate. Beloved by FDR, Springwood remains as he left it. Mrs. Roosevelt's recorded voice leads you through the rooms.

An hour north, tour the 1804 Montgomery Place, then explore the river town of Rhinebeck, with its storybook main street and antiques bazaar. On many weekends, the old Rhinebeck Aerodrome features pre-World War I aircraft shows.

West Point. On the western shore of the Hudson, the United States Military Academy stands guard over a river bend. Take a bus tour of the grounds, and visit Trophy Point.

The oldest wine country in the nation is a half hour to the west. At the Brotherhood Winery in Washingtonville, you can trek deep into the caves where the casks rest, sample the wines, and shop in several small stores.

Before you return to the city, spend a night or two in the wilderness of Bear Mountain State Park. Hike on nature trails, cruise the Hudson in a boat, and stay at the rustic Bear Mountain Inn.

Hudson River Valley Assoc., McCabe Carriage House, 42 Catharine St., Dept. BHG, Poughkeepsie, NY 12601; 800/232-HRVA.

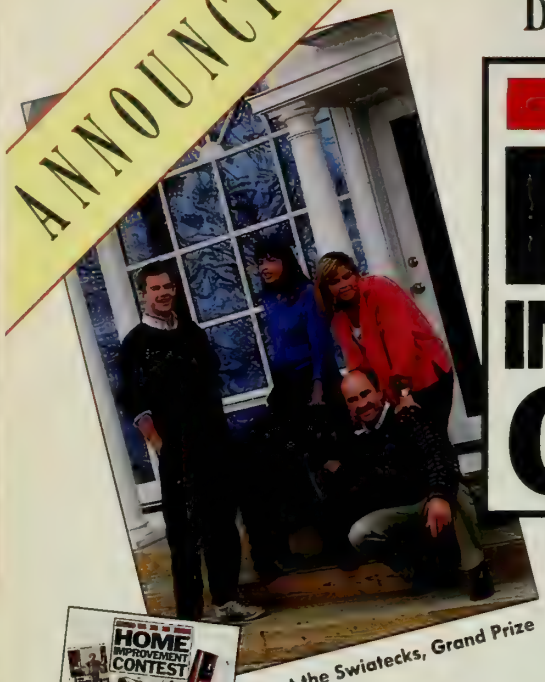
—By Marlea W. Clark


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ANNOUNCING!

BETTER HOMES AND GARDENS®

1990 HOME IMPROVEMENT CONTEST



Meet the Swiatecks, Grand Prize winners in our 1988 contest.







YOU CAN WIN MORE THAN $100,000 IN PRIZES

We'd love to pin a blue ribbon on your next home improvement project. Whether you're fixing up indoors or out, adding new space or face-lifting the old, your ideas and efforts may rate a top award—and a feature in our magazine!

PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small projects in each of the following categories:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REMODELINGS**
- **ADDITIONS**
- **WHOLE-HOUSE REMODELINGS**

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products are incorporated into your project. (Examples: a kitchen revamp that incudes new appliances, cabinets, or countertop surfacing, a family room add-on that includes new windows or vinyl flooring, or a whole-house redo that includes new carpeting, hardwood floors, or window blinds.) In addition to your winnings, your home improvement project may even be published in a future issue of *Better Homes and Gardens* magazine!

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any project completed in 1990 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or called in the professionals to help develop the design or supervise or complete the project.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank opposite. We'll send you complete details, along with our official entry form.

- **All preliminary entries must be postmarked by October 1, 1990.**

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, *Before* and *After* photos, and receipts that could make *your* project a winner!)

- **All final entries must be postmarked by Feb. 1, 1991.**

3. THE WINNERS: We will notify all winners by mail and publish the top entries in our November 1991 issue.

MANUFACTURERS' SPECIAL AWARDS: CASH, REFUNDS, PRODUCTS

$500 CASH AWARDS

Following is a list of cosponsors providing $500 for best use of product:

American Gas Association
American Standard
Amoco Fabrics & Fibers Company GENESIS® CARPET CERTIFIED BY AMOCO
Andersen Corporation
Armstrong Floors and Ceilings
THE ATRIUM DOOR & WINDOW COMPANY
Black & Decker (U.S.) Inc. U.S. Household Products Group
Black & Decker Steamworks™ Wallpaper Stripper
BRUCE® HARDWOOD FLOORS
Cabot Stains
Casablanca Fan Company
COUNTRY CURTAINS®
CRESTLINE®
Duette®, by Hunter Douglas
Du Pont CORIAN®
Du Pont TYVEK®
ECO WATER SYSTEMS, INC.
Eureka Centra Vacuum Cleaners
First Alert
Formby's Refinishing and Wood Care Products
Frigidaire
GE Kitchen and Laundry Appliances
HORIZON HOUSE® CARPET
HUNTER FAN COMPANY
Hurd Windows and Doors
In-Sink-Erator®
Invisible Fence
KitchenAid
Kohler Company
Lane Cedar Chests and Lane Recliners
Lennox Industries Inc.
Marvin Windows
Merillat Industries, Inc.
Miele Appliances Inc.
Minwax® Company, Inc.
NAHB REMODELOR'S COUNCIL
National Spa and Pool Institute
Owens-Corning Pink Fiberglas Blanket Insulation Products
Peachtree Doors and Windows
Pella® Windows and Doors/Rolscreen Company
Royal Appliance Manufacturing Co.
RUST-OLEUM® CORPORATION
S&S Mills
The Sherwin-Williams Company—Paint Stores Group
STANLEY® Tools, Hardware, Door Systems, and Home Automation
Tappan
Tarkett®, Inc.
The Original Shower Massage™ by Teledyne Water Pik®
Instapure® Water Filter by Teledyne Water Pik
Instapure® Air Filtration System by Teledyne Water Pik
Thomasville® Furniture Industries
True Value Hardware Stores
VELUX-AMERICA INC.
Wenco® Windows
Whirlpool Major Home Appliances

Many of America's leading home improvement companies are co-sponsoring our contest. The following manufacturers are offering special prizes in addition to a $500 cash award:

Amoco Fabrics and Fibers Company will award up to 30 sq. yards of carpet constructed from Marquesa* Lana Yarns to the top Whole-House winner if he/she used Genesis* Carpet certified by Amoco.

Bruce Hardwood Floors will provide a $500 cash prize for, in the judgment of the judges and cosponsors, the best use of hardwood floors, provided that Bruce Hardwood Floors were used in the winning entry.

Cabot Stains will award one case of Cabot PTW Stains for pressure-treated wood or Cabot Decking Stains to the top winner in the Exterior Fix-Ups category if he/she used Cabot Stains' products. Cabot Stains will award one case of Cabot O.V.T. Oil or Acrylic Solid Color Stains to the top winner in the Outdoor Improvements category if he/she used Cabot Stains' products.

Casablanca will donate an Inteli-touch Panama Ceiling Fan to the top winners in the Interior Remodelings and Whole-House Remodelings categories.

In addition to the $500 cash prize for the best use of CORIAN*, **Du Pont** will provide a $1,000 award for the most creative use of a CORIAN* kitchen sink. To qualify, purchase must be made through an authorized CORIAN* Kitchen and Bath dealer.

Eco Water Systems will award a complete drinking-water, reverse-osmosis, under-counter system to the top Kitchen Shape-Ups winner if he/she used Eco Water Systems' same unit or will award the cash equivalent.

Eureka Centra Vacuum Cleaners will award $500 to the top winner in the Interior Remodelings and Whole-House Remodelings categories, provided that a Eureka Centra Vac* was used.

First Alert offers its Model RL500 Hi-Beam Rechargeable Lantern to the Outdoor Improvements, Interior Remodelings, and Whole-House Remodelings winners who used a First Alert product.

The Horizon House* $500 cosponsor prize will be awarded for, in the judgment of the judges and cosponsors, the best use of Horizon House Carpet in any category. An additional $500 award will be given for the best use of Horizon House Carpet in the Whole-House Remodelings category if Horizon House was used exclusively.

KitchenAid will reimburse the retail cost (not including taxes) of one KitchenAid cooking appliance purchased by the top winner in the Kitchen Shape-Ups category.

Kohler Company will award $500 each to the top bath winner and the installing plumbing contractor if he/she used Kohler plumbing products (fixtures and faucets) exclusively.

Merillat Industries will refund the purchase price (excluding installation costs) of Merillat Cabinetry used by the Grand Prize winner, provided that Merillat Cabinets were used. Proof of purchase required.

Owens-Corning Fiberglas will award an additional $500 to the winners of the Additions and Whole-House Remodelings categories if Owens-Corning pink fiberglas blanket insulation products were used in the winning entries.

Royal Appliance Manufacturing Company will award a Royal Model 994 upright vacuum cleaner to the top Interior Remodelings division winner.

Rust-Oleum will award a red wagon or a child-size picnic table to each of the top three winners in the Exterior Fix-ups and Outdoor Improvements divisions if he/she used Rust-Oleum Stops Rust* Brand or Rust-Oleum Wood Saver.

The Sherwin-Williams Company Paint Store Group will award a $500 Sherwin-Williams gift certificate to the top winners in each division, if the winners used Sherwin-Williams paint or wallcovering products. To qualify, purchase must be made through a Sherwin-Williams retail store and sales receipt must be provided.

Stanley will give an assortment of carpenter and mechanical tools with a toolbox to the Grand Prize winner.

TELEDYNE WATER PIK will award THE ORIGINAL SHOWER MASSAGE™ to the top winner of each of the following divisions: Bathroom Remodelings, Additions, and Whole-House Remodelings. An INSTAPURE* AIR FILTRATION SYSTEM will be awarded to the top winner of the Interior Remodelings division, the Whole-House Remodelings division, and the Additions division. Also, TELEDYNE WATER PIK will award an INSTAPURE* UNDERSINK WATER FILTER to the top winner in the Kitchen Shape-Ups, Whole-House Remodelings, and Additions divisions.

Wenco* Windows will award a 6-foot, clad, low-maintenance swing patio door with high-performance low-E glass to the winners in the Exterior Fix-Ups, Additions, and Whole-House Remodelings categories if the winners used Wenco products.

Whirlpool offers one Whirlpool product of choice to the winners of both the Kitchen Shape-Ups and the Whole-House Remodelings categories if the winners used a Whirlpool product. Winners may choose from the following list: a trash compactor, a microwave oven, or a Power Clean™ Energy-Saver dishwasher.

PRELIMINARY ENTRY BLANK

1990 HOME IMPROVEMENT CONTEST

Better Homes and Gardens®

SEND $2.00 FOR POSTAGE AND HANDLING TO:
Better Homes and Gardens
Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306

Postmarked no later than October 1, 1990

Name _____

Address _____

City _____ State _____ ZIP _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1990

☐ 1. Exterior Fix Ups ☐ 2. Outdoor improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Redos ☐ 6. Additions ☐ 7. Whole-House Redos

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

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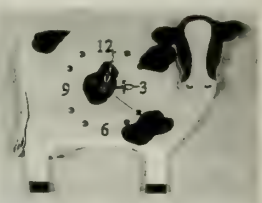
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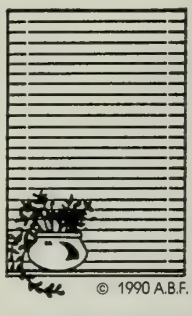
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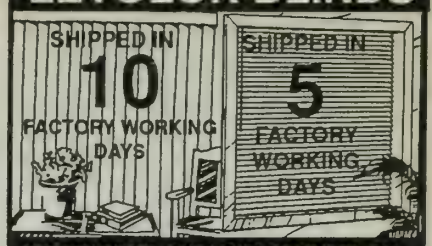
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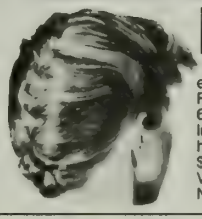
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54+ to 60	18	21	23	24	27	29	31	33	35	40	42
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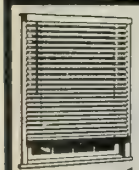
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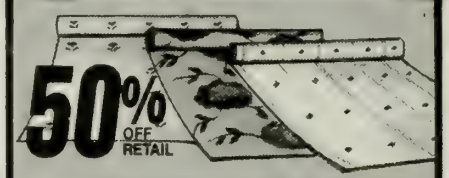
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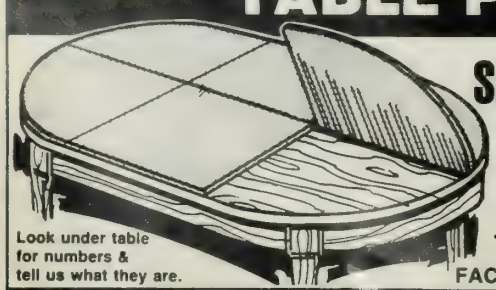
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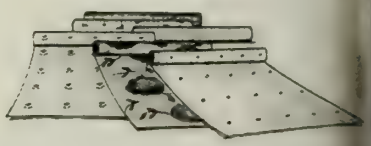
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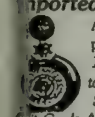


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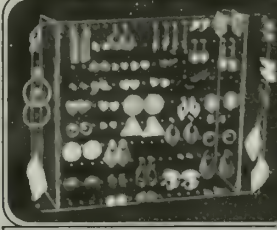
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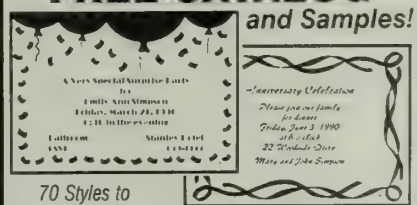
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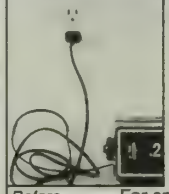
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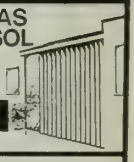
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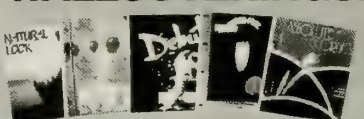


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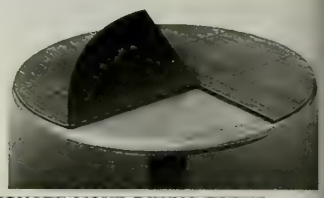
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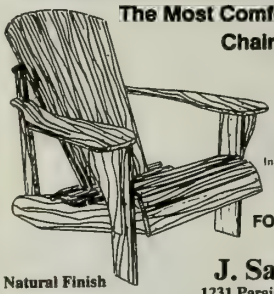


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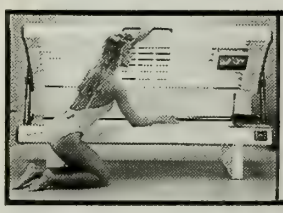


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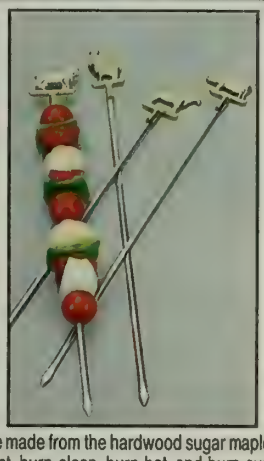


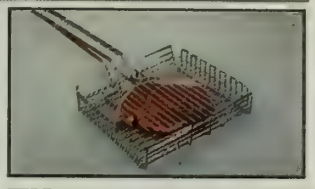
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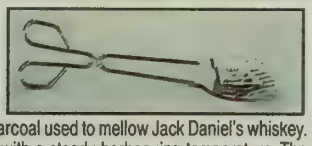












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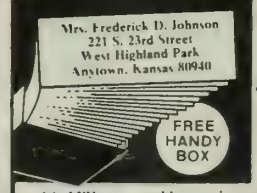
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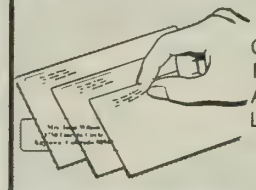
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THE MAN NEXT DOOR®

■ The problem these days, grumps Ned Carter, is that good old American know-how has been replaced by good old American know-who.

■ The last day of classwork was an especially trying time for Burt, Jr., with a math test during first period, an English exam in the second, and spinach lasagna for lunch.

■ Young Erin Barr is working her way through school with a part-time job as a receptionist. The pay is modest, but she sees advantages in listing the experience on her résumé as an "access and routing consultant."

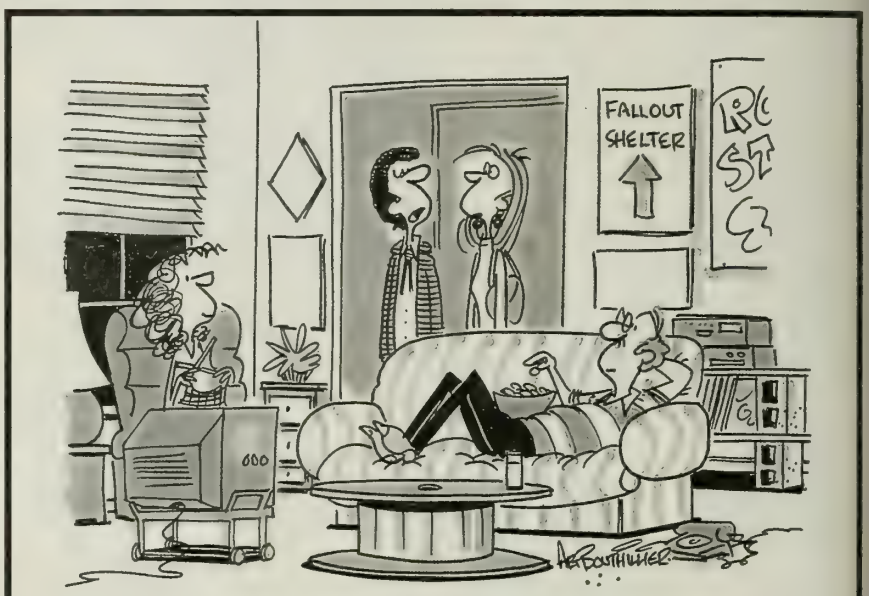
■ "One reason that some folks can't find happiness," says Earl Reeves, "is that it is a matter of choice and not something you stumble onto."

■ Representative Nick Hanfli argues that "too many young people go to college to learn that nothing is impossible and then go into government work and try to demonstrate that it is."

■ Nothing illustrates the power of prayer, confides teacher Mike Nelson, better than the fact that school let out two days early for summer vacation because of a plumbing problem.



"When I get married, Dad, will you show my wife how to cook?"



"These are my parents. They moved back in with me."

■ Judy sometimes has trouble following orders from her parents, but she is quick to point out that a lot of discoveries never would have been made if everybody had just followed instructions.

■ After a particularly trying day, I overheard Liz Randall, mother of five, remark, "I never realized that labor pains could last 18 years."

■ I've decided that the exercise craze of the '90s is the mad dash to get to the ringing phone before the answering machine kicks in.

■ Christine explains that real estate agents speak a language that's all their own. For instance, "secluded" means there's no cable TV and the driveway isn't paved.

■ Chris and I started planning our summer vacation last weekend. After two days of planning, we've decided that what really needs a vacation is our bank account.

■ Uncle Dobb Buckner is miffed at all the talk about "edible landscaping." "In my day," he says, "we called it vegetable gardening."

"Make every day important!" exhorted the commencement speaker at Burt Jr.'s school this year. I must confess that at this point I began to nod off.

When I awoke, to my horror, I found myself alone in the auditorium. Where was Chris? Did she think it was funny to abandon me like this? I jumped up and bolted for the door.

Panic pooled in my stomach as each door I tried resisted my efforts. Finally—blessedly—I spotted a janitor down by the stage. Chagrined but relieved, I explained my predicament.

"Typical of you young fellows," the old man lectured. "Wasting away your life!"

"I have not wasted away my life!" I responded angrily, and a little too forcefully.

Suddenly, the laughter was deafening, and I awoke to hear the commencement speaker respond, "Well, I'm glad someone is taking my advice."

Burton Hillis